

Falls Church Recreation & Parks



Fall 2013

Registration Dates:

Residents: August 19; Non-Residents: August 26

Register Online at www.fallschurchva.gov/recreation



Farmers' Market



photo by Gary Mester

OPEN YEAR ROUND!

Saturdays in City Hall Parking Lot,
300 Park Avenue

April 7-December 29, 2013, 8am-Noon

(no market December 24th)

January 4-March 29, 2014, 9am-Noon

Enjoy fresh fruit, vegetables, flowers and more!

Sunset Cinema

Friday evenings, August 16, 23, and 30
8pm or dusk at Cherry Hill Park

Not just one, but three evenings full of free fun for the entire family! Bring a blanket and bug spray and spend the evening watching a movie on our large outdoor screen. Popcorn, candy and drinks will be available for purchase. Movie titles will be announced closer to the event date.



38th Annual Taste of Falls Church at the Fall Festival



photos by Gary Mester

Saturday, September 7, 10am-4pm
Cherry Hill Park, 312 Park Avenue

Enjoy a day full of live entertainment, children's activities, amusement rides and more. Be sure to bring an appetite as local restaurants will be sampling their unique cuisine! Come and visit the many local civic organizations, businesses, artists and craft vendors that will be present.

20th Annual Farm Day

Saturday, October 12, 10am-3pm
Cherry Hill Park, 312 Park Avenue

Enjoy hayrides, pony rides, a petting farm, scarecrow making, pumpkin painting, blacksmithing and more. For scarecrows please bring a long sleeved shirt, long pants and an old pair of pantyhose. For more information call 703-248-5171.



Halloween Carnival

Friday, October 25, 6-7pm Infants to 2nd Graders,
7:30-8:30pm 3rd to 5th Graders

Falls Church Community Center,
223 Little Falls Street

Tons of candy, games,
face painting, a live creepy
creature show and more!
Fun for the entire family!



Veterans Day Ceremony

Monday, November 11, 11am
Falls Church Veterans Memorial
223 Little Falls St.



21st Annual Holiday Gift & Craft Show

Saturday, December 7, 9am-4pm
Sunday, December 8, 11am-4pm
Falls Church Community Center,
223 Little Falls St.

Come enjoy over 60 juried crafters selling handmade items.
Admission is \$1 Children under 12 free.

Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact the Recreation & Parks Dept at 703 248-5027 or recreation@fallschurchva.gov.

Community Center Hours of Operation

Monday-Thursday: 8am-10pm
Friday: 8am-11pm
Saturday: 8:30am-11pm
Sunday: 2-6pm (April-December)
12-6pm (January-March)

Community Center Holiday Schedule

The building will be closed for Labor Day, September 1-2 and Thanksgiving Day, November 28.

Hobby Class Holiday Schedule

No camps or classes are held on the following days unless otherwise noted: August 25-September 2, September 7, October 14, November 5, 11, 28-30, December 7-8.

Youth Gym Time

Ages 18 and under only: Monday-Friday, 3-5pm.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-11pm

Adult Gym Time

Ages 19 and over only: Monday, 8-11pm.
Subject to gym availability.

Phone Numbers

Recreation & Parks Department Office.....703-248-5027
Falls Church Community Center.....703-248-5027
Falls Church Senior Center.....703-248-5020
Teen Center Office703-248-5307
Cherry Hill Farmhouse.....703-248-5171
Fax703-536-8150
Open Gym.....703-248-5077

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Recreation & Parks Staff

Daniel J. Schlitt, *Director*
Chris Madison, *Sports Coordinator, Program Supervisor*
Debbie Woodbury, *Hobby Class Coordinator, Program Supervisor*
Amy Maltese, *Special Events, Program Supervisor*
Tracy Browand, *Senior Center Coordinator, Recreation Specialist*
Rachel Crichton, *Cherry Hill Farmhouse Coordinator*
Krissy Loerch, *Senior Administrative Assistant*
Lisa Reid, *Administrative Assistant*
Howard Herman, *Farmers' Market Manager*
William Kargbo, *Building Maintenance Worker*
Greg Mosley, *Landscape Maintenance Worker*
Mike Noyes, *Crew Leader, Parks and Landscape Maintenance*
Juan Salguero, *Building Maintenance Worker*
Raul Chafloque, *Building Maintenance Worker*
Sonny Sikhattana, *Building Maintenance Worker*
Tim Xhepa, *Landscape Maintenance Worker*

Recreation and Parks Advisory Board

Charles O'Hara, *Chair*
Kathryn Chandler, *Vice Chair*
Lori Lafave
Leslie Rye
Steve Selby
Robert Meeks, *Planning Commission Representative*
Greg Rasnake, *School Board Representative*



Cherry Hill Farmhouse



Cherry Hill Farmhouse
312 Park Avenue
703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was built in 1845. The well-preserved house is an excellent example of a Greek Revival style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold his produce at the Centre Market in Washington, D.C. Mr. Blaisdell managed to successfully farm the property through the Civil War. The City of Falls Church now owns Cherry Hill. The household furnishings and antique tool collection in the barn are owned by the Friends of Cherry Hill Foundation. Today reenactments, concerts, readings, lectures, and teas take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops and school children by calling **703-248-5171**. The house is open to the public between the hours of 10am and 3pm, Monday through Thursday. April through October the house is also open on Saturdays between the hours of 10am to 1pm.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated event. For larger parties, the outside grounds can be used and a tent is recommended. Reservations are made through the Recreation and Parks Department at **703-248-5027**. For more information on any events taking place at Cherry Hill, call Rachel Crichton at **703-248-5171**.

EVENTS AT CHERRY HILL FARMHOUSE

FALLS CHURCH FARM DAY

Enjoy a full day of old-fashioned fun with horse-drawn hayrides, pony rides, a petting farm, pumpkin painting, scarecrow making (bring an old long sleeved shirt and pants), beekeeping, blacksmithing, corn shelling and grinding in the barn, live music, free house tours, food and more. Free admission. A fee will be charged for some activities.

Date: Saturday, October 12

Time: 10am-3pm

Location: Cherry Hill Park

Call **703-248-5171** for more information.



Victorian Reading: "Murder Will Out"

An evening of prose and poetry including the one act play, "Good-bye Miss Lizzie Borden."

Date: Friday, October 25 **Time:** 8pm **Fee:** \$5.00

Location: Cherry Hill Farmhouse

Call **703-248-5171** for reservations.

Civil War Thanksgiving

Come with the whole family between 11am and 2pm and enjoy a true recreation of Thanksgiving during the Civil War. Costumed reenactors will portray Falls Church residents of 1862 as they host the holiday meal for friends and soldiers. Period entertainment, refreshments, and conversation in the parlor are to follow dinner. Free admission. Donations appreciated.

Date: Saturday, November 30 **Time:** 11am-2pm

Location: Cherry Hill Farmhouse

Call **703-248-5171** for more information.

Children's Holiday Shop

Volunteers will help children purchase and wrap holiday gifts for friends and family. All gifts are \$6. and under.

Date: Saturday, December 7 **Time:** 10am-2pm

Location: Cherry Hill Farmhouse

Call **703-248-5171** for more information.

Preschool Program

3-5 years

Our preschool program focuses on fun and positive learning experiences for 3-5 year olds that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program. Learn more about our preschool program at www.fallschurchva.gov/recreation



FULL

Preschool, Juniors
(Birthdates: Oct. 1, 2009 - Sept 30, 2010)
Tue/Thu: 9/10-12/19* 9am-12pm
111001-E R: \$540 / NR: \$550
*No class dates 11/28
Location: Preschool Room

FULL

Preschool- Juniors
(Birthdates: Oct. 1, 2009 - Sept 30, 2010)
Tue/Thu: 1/7-5/22* 9am-12pm
211001-E R: \$744 / NR: \$754
*No class dates 4/15, 4/17
Location: Preschool Room

FULL

Preschool, Seniors
(Birthdates: Oct. 1, 2008 - Sept 30, 2009)
Mon/Wed/Fri: 9/9-12/20* 9am-12pm
111002-E R: \$760 / NR: \$770
*No class dates 10/14, 11/11, 11/29
Location: Preschool Room

OPEN

Preschool-Seniors
(Birthdates: Oct. 1, 2008 - Sept 30, 2009)
Mon/Wed/Fri: 1/6-5/23* 9am-12pm
211002-E R: \$1025 / NR: \$1035
*No class dates 1/20, 2/17, 4/14, 4/16
Location: Preschool Room

OPEN

Preschool, Afternoon
(Birthdates: Oct. 1, 2008 - Aug. 30, 2009)
Mon/Wed/Fri: 9/9-12/20* 1-4pm
111005-E R: \$760 / NR: \$770
*No class dates 10/14, 11/11, 11/29
Location: Preschool Room

OPEN

Preschool- Afternoon
(Birthdates: Oct. 1, 2008 - Aug. 30, 2009)
Mon/Wed/Fri: 1/6-5/23* 1-4pm
211004-E R: \$1025 / NR: \$1035
*No class dates 1/20, 2/17, 4/14, 4/16, 4/18
Location: Preschool Room

Pre-K Readiness

4-5 years

This program will offer your child the opportunity to socialize with children entering Kindergarten in September 2014. Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment. Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty trained. Proof of age via a birth certificate and your child's physical and immunization report, will be required on the first day of the program. You are encouraged to enroll your child for both sessions.

FULL

(Birthdates: Oct. 1, 2008 - Sept 30, 2009)
Tue/Thu: 9/10-12/19* 1-4pm
111003-E R: \$540 / NR: \$550
*No class dates 11/28
Location: Preschool Room

FULL

Tue/Thu: 1/7-5/22* 1-4pm
211003-E R: \$744 / NR: \$754
*No class dates 4/15, 4/17
Location: Preschool Room

Open House

Orientation for all the enrolled students is on Thursday, September 5, 2013
Pre-K Readiness: 1pm to 3pm
Juniors: 10am
Seniors: 11am
Afternoon: 12noon

Please consider paying the \$100 non-refundable deposit to hold a spot in the winter/spring session. This deposit is required to be paid only if a spot is available at the time of initial registration. The balance fee for the second session is due early December. Priority is given to returning students.



Art Classes

Art in Hand® Tots

18 months-3 years

Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction with natural and found objects inspired by tot-friendly topics and the sights, sounds, and textures of the beautiful changes in nature this time of year. ART IN HAND classes provide an opportunity for little ones and their parent/caregiver to be creative, have fun, and make the mess away from home! For more information visit

www.artinhand.org

Mon: 9/23-12/9* 10:30-11:15am

110100-A R: \$185 / NR: \$195

Thu: 9/26-12/12* 10:30-11:15am

110100-B R: \$204 / NR: \$214

*No class dates 10/14, 11/11, 11/28

Instructor: Art in Hand Staff

Location: Art Room

Art in Hand® Preschoolers

2.5-6 years

Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction with natural and found objects inspired by kid-friendly topics and the sights, sounds, and textures of the beautiful changes in nature this time of year. This parent/child class is perfect for sibling pairs or anyone through kindergarten age. The program's distinctive approach is designed to stimulate the senses, spark imaginations, support the development of language and emerging literacy, and promote social and problem solving skills.

www.artinhand.org

Thu: 9/26-12/12* 11:30am-12:15pm

110107-A R: \$204 / NR: \$214

*No class dates 11/28

Instructor: Art in Hand Staff

Location: Art Room



Twoosy Doodlers

20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Wed: 9/25-11/13 9:30-10:10am

110101-A R: \$125 / NR: \$135

Sat: 9/28-11/16 10:15-10:55am

110101-B R: \$125 / NR: \$135

Sun: 9/29-11/17 2:30-3:10pm

110101-C R: \$125 / NR: \$135

Instructor: Abrakadoodle

Location: Art Room

Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools, and more, the children create masterpieces that are truly unique.

Wed: 9/25-11/13 10:30-11:15am

110102-A R: \$125 / NR: \$135

Sat: 9/28-11/16 11:15am-12pm

110102-B R: \$125 / NR: \$135

Sun: 9/29-11/17 3:30-4:15pm

110102-C R: \$125 / NR: \$135

Instructor: Abrakadoodle

Location: Art Room

Holiday Card Workshop

3-12 years

During this special 1-hour workshop, children create an original design that will be reproduced for use on holiday greeting cards. Each session incorporates the child's original artwork with an Abrakadoodle 2013 design to create a unique holiday card. Workshop fees include the cost of printing 10 greeting cards that will be shipped to your home. (Information about ordering additional cards will be available at the workshop). Children will be grouped by age.

Sat: 10/26 2:30-3:30pm

130101-A R: \$40 / NR: \$50

Instructor: Abrakadoodle

Location: Art Room

Fun with Drawing for

Pre-K 3-6 years

NEW, engaging lessons every week! Preschoolers learn drawing skills, develop kindergarten readiness and have fun in a nurturing environment. Shape and object recognition, manual dexterity, and visual-spatial planning are stepping stones to creating fun, rewarding art. We demonstrate basic drawing techniques and encourage kids to add their own creative touch. Bring out the best in your little artist!

Location: Art Room

Tue: 9/24-12/3* 11am-12pm

110108-A R: \$150 / NR: \$160

Location: Community Room

Thu: 9/26-12/5* 12-1pm

110108-B R: \$150 / NR: \$160

Sat: 9/28-12/14* 11am-12pm

110108-C R: \$150 / NR: \$160

*No class dates 11/5, 11/28, 11/30, 12/7

Instructor: Young Rembrandts

Abrakadoodle's Gift

Workshop 3-12 years

Drop off the kids for a creatively charged workshop with Abrakadoodle. While you accomplish your holiday errands the children will design a unique holiday surprise of their own, all while learning the concepts of printing, shape discovery, and the elements of dot, line and color.

Wed: 12/18 1-4pm

130103-A R: \$40 / NR: \$50

Wed: 12/18 4:30-7:30pm

130103-B R: \$40 / NR: \$50

Instructor: Abrakadoodle

Location: Community Room

Kids on Canvas 6-12 years

Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life- with a fresh Abrakadoodle twist.

Wed: 9/25-11/13 5:30-6:30pm

120144-A R: \$130 / NR: \$140

Instructor: Abrakadoodle

Location: Senior Center-Left

Abrakadoodle "Sculpt It!"

6-12 years

Learn to create 3D art using a variety of tools (wire, wood, clay, aluminum, plastic, string and paper). We will explore amazing artists or artist styles while we practice different types of sculpture. So, join us as we mold, bend, twist, stretch, balance and most importantly use our imaginations while we create interesting things that are sure to brighten someone's day.

Tue: 9/24-11/12 4:45-5:45pm

120104-A R: \$125 / NR: \$135

Instructor: Abrakadoodle

Location: Art Room

NEW!

Art in Hand®

Homeschoolers 6-12 years

Express yourself through the language of art! Art Therapist, Julie Liddle will facilitate creative exploration with a variety of media and techniques, including 2-D, 3-D, mixed media, and found objects. Together with students, Ms. Liddle will design a class incorporating their particular interests and areas of inquiry, creating a program that is integrated with their broader learning and exploration and unique to each particular group. Students may need to contribute some supplies, depending on individual project needs. www.artinhand.org

Thu: 9/26-12/12*

1:30-2:30pm

120105-A R: \$242 / NR: \$252

*No class dates 11/28

Instructor: Art in Hand Staff

Location: Art Room

Fun with Drawing

6-12 years

NEW lessons every week! We teach drawing and art appreciation using a progressive, open-ended approach. Young artists build on basic drawing skills, experiment with line, color and form, and improve motor-spatial reasoning in a fun, creative environment. Each session includes seasonal drawings, an art history lesson, realistic and abstract images. Nurture your child's inner artist!

Location: Senior Center-Left

Mon: 9/23-12/9* **5:30-6:30pm**

130104-A R: \$150 / NR: \$160

Location: Art Room

Wed: 9/25-11/27 5:30-6:30pm

130104-B R: \$150 / NR: \$160

Sat: 9/28-12/14* **12-1pm**

130104-C R: \$150 / NR: \$160

*No class dates 10/14, 11/11, 11/30, 12/7

Instructor: Young Rembrandts

Watercolor Painting for All 15 & up

This class will get you going whether you are a complete beginner or an experienced watercolorist. Instruction includes mixing color and necessary color theory (warm and cool color), composition, paint application and brushwork. Lessons to build skill will alternate with the opportunity to complete finished paintings. More advanced students may work on projects of their choice. Some drawing experience helpful but not required. Supply list at first class.

Fri: 9/27-11/15 10am-12:30pm

150115-A R: \$180 / NR: \$190

Instructor: Vivian P. Attermeyer

Location: Art Room

Fun with Cartooning

6-12 years

NEW, entertaining lessons every week! We introduce students to the fun of making their own cartoon images to animate characters or tell a joke. Kids learn to draw action and expressions, play with color, and express their humor and creativity. An amusing way to learn about emotional expression, social sequencing and spatial organization. Seriously silly fun!

Location: Community Room

Tue: 9/24-12/3* **5:30-6:30pm**

130105-A R: \$150 / NR: \$160

Location: Art Room

Fri: 9/27-11/22* **5:30-6:30pm**

130105-B R: \$120 / NR: \$130

Sat: 9/28-12/14* **1-2pm**

130105-C R: \$150 / NR: \$160

Location: Senior Center- Left

Mon: 9/23-12/9* **6:30-7:30pm**

130105-D R: \$150 / NR: \$160

*No class dates 11/5, 10/25, 11/30, 12/7, 10/14, 11/11

Instructor: Young Rembrandts



Watercolor 1 16 & up

Learn Painting watercolors by seeing and doing. This is a class for beginners or those that want to continue learning watercolor at a relaxed pace. There will be lots of teacher demonstrations and one-on-one instruction. The following techniques for drawing and painting will be introduced: value sketch, mixing colors, application, methods and materials that make watercolor fun and rewarding.

Location: Teen Center

Thu: 9/12-11/7* **10am-12pm**

150125-A R: \$89 / NR: \$99

Location: Art Room

Wed: 9/11-10/23* **7-9pm**

150125-B R: \$77 / NR: \$87

*No class dates 10/17, 10/24, 10/2

Instructor: Bill Abel

ART IN HAND® Mom's Night Out 18 & up

Here's your chance to get out in the company of your peers for some play time of your own. This is an art workshop for NON artists: a chance to explore some fail-safe techniques and art media; a chance to express yourself in a new way; a chance to create something special; a chance to spend some uninterrupted time focusing on YOU. Each workshop offers the opportunity to start something new or return to a work in progress. Facilitated by art therapist, Julie Liddle, founder and director of the ART IN HAND program for toddlers and preschoolers. www.artinhand.org

Fri: 11/1 7:30-9:30pm

150135-A R: \$40 / NR: \$50

Instructor: Art in Hand Staff **Location:** Art Room

Hobby Classes

Little Stars! 2-3 years

Introduce your little ones to the magical world of dramatic arts & imagination! Come explore stories while using all facets of arts enrichment incorporating music, movement, drama, art, and language.

Mon: 9/23-11/25* 2-2:45pm

110706-A R: \$110 / NR: \$120

Mon: 9/23-11/25* 3-3:45pm

110706-B R: \$110 / NR: \$120

*No class dates 10/14, 11/11

Instructor: C.A.R.E. Actor

Location: Community Room



Act It Out! 4-6 years

Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various acting games, teambuilding games, as well as act out a story that draws out these positive values using costumes and props. This class will present their favorite story on the last day of class!

Mon: 9/23-11/25* 4:30-5:15pm

120706-A R: \$98 / NR: \$108

*No class dates 10/14, 11/25

Instructor: C.A.R.E. Actor

Location: Community Room



NEW! Books for Cooks

3-8 years

Tiny Chefs will be making connections between the world of cooking and the world of print! For the younger Tiny Chefs set, we will relate cooking concepts and recipes with themes and characters drawn from selected children's books. Picture reading a selection from "Paddington Bear" followed by a scone making session. Or "Cloudy with a Chance of Meatballs," paired with a spaghetti and meatballs party!

Ages 3-5

Sat: 11/2-12/14* 9:30-10:30am

110305-A R: \$135 / NR: \$145

Ages 3-8

Sat: 11/2-12/14* 10:45-11:45am

120305-A R: \$135 / NR: \$145

*No class dates 12/7

Instructor: Tiny Chefs*

Location: Senior Center-Left

***Tiny Chefs, Inc. is a nut-free company, but we cannot accommodate gluten, dairy or egg allergies.**

NEW! Baking Boot Camp

3-8 years

Do you have a burgeoning baker on your hands? This semester students will jump feet first into a variety of baking techniques and traditions, covering ground like cookies and bars, breakfast pastries, International desserts, and more, with a special focus on creating beautiful cupcakes and cakes.

Ages 3-5

Sat: 9/21-10/26 9:30-10:30am

110304-A R: \$135 / NR: \$145

Ages 3-8

Sat: 9/21-10/26 10:45-11:45am

120304-A R: \$135 / NR: \$145

Instructor: Tiny Chefs*

Location: Senior Center-Left

Robot Explorers 5-6 years

Getting children away from the computer and back to working with their hands to build ideas is what it's all about. Students will be introduced to and build an important part of a robot's movement. Students will then use their creativity in understanding the design process of engineering in building a model prototype of an explorer robot. It's hands-on and takes the student's input into action-no better way to get them excited about engineering.

Sat: 11/16

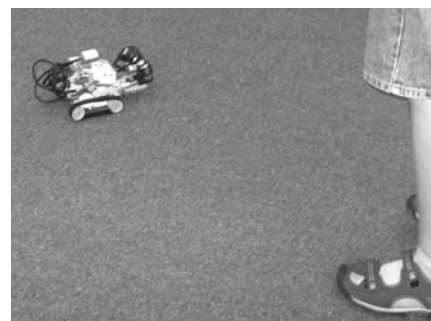
10-11:30am

120710-A

R: \$52 / NR: \$62

Instructor: Infamous Robotics

Location: Community Room



NEW! Marine Engineering

5-8 years

During the Marine Engineering classes, students use the Engineering Design Process to design, create, test, and refine several types of marine vehicles. Students construct a boat, design a self-propelled submarine, and explore devices to help a scuba diver achieve neutral buoyancy underwater. They gain exposure to careers in naval architecture and naval, ocean, and marine engineering.

Mon: 9/23-11/4* 4-5pm

110710-A

R: \$125 / NR: \$135

*No class dates 10/14

Instructor: Patty MacDonald-Potts

Location: Art Room

Register early at
www.fallschurchva.gov/recreation
to prevent class
cancellations!



NEW! Electronic Game Design 8-12 years

During the Electronic Game Design – Platform classes, students create their own video game. A platform game is a side-scrolling, Mario-type game where students program characters and a two-dimensional obstacle course. They attempt to avoid or overcome enemies and reach an end goal on multiple levels. At the end of the class, students take home a copy of the game they create.

Sat: 10/5-11/9 9:30-10:45am
110711-A R: \$125 / NR: \$135

Instructor: Patty MacDonald-Potts
Location: Teen Center



Chess 5-12 years

Learn how to play chess from our highly-rated professional chess instructors! Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. Visit www.silverknightschess.com for more information.

Tue: 10/1-12/10* 6-7pm
130702-A R: \$110 / NR: \$120

*No class dates 11/5

Instructor: Silver Knights Chess
Location: Senior Center-Right

NEW! Parent's Night Out

5-12 years

Parents may drop off their child for 3 hours of engineering fun to include robotics, and a hand-on engineering project.

Sat: 10/12 6-9pm
110712-A R: \$40 / NR: \$50

Sat: 11/9 6-9pm
110712-B R: \$40 / NR: \$50

Sat: 12/14 6-9pm
110712-C R: \$40 / NR: \$50

Instructor: Patty MacDonald-Potts
Location: Art Room

NEW! Intro to Minecraft Modding 6-9 years

Does your child spend hours at a time playing Minecraft? Have them learn how to improve their gameplay experience and create their own custom mods today! Younger students will learn how to create and texture their own blocks and items using the popular game Minecraft while being introduced to a very simple Java code.

Sat: 9/14-10/19 1:45-2:45pm
120719-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club
Location: Community Room

Dramatic Kids! 7-10 years

This theater arts class is bound to keep you up on your feet and down on the ground with fun and laughter! Learn improvisational theater techniques, story development, and sketch writing while exploring current topics & positive values. There will be a dramatic presentation on the last day of class!

Mon: 9/23-11/25* 5:30-6:30pm
130703-A R: \$110 / NR: \$120

*No class dates 10/14, 11/11

Instructor: C.A.R.E. Actor
Location: Community Room



Jr. Video Game Design

6-9 years

Now available for grades 1st-3rd, this special class is specifically designed for young children to cultivate their interest to become game designers, multimedia artist, engineers, programmers and more! Give your child the opportunity to see how professional games are made. Learn cutting edge computer skills through the fun art of 3D Game Design using award winning Platinum Arts Sandbox.

Wed: 9/11-10/16 5:15-6:15pm
120717-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club
Location: Senior Center-Right



Controlling Robots

6-10 years

Our Military and Police are using more robots to accomplish tasks, give your child an insight to understanding the difficulties one faces when controlling a robot. Students will compete to teleoperate a robot in time trials, learning how to improve the robot design. Then students will compete in a Robot soccer competition to see who can score the most goals with their robot.

Sat: 10/5 3-4:15pm
120709-A R: \$52 / NR: \$62

Instructor: Infamous Robotics
Location: Art Room

Hobby Classes

NEW! Baking Boot Camp

9-13 years

This semester students will jump feet first into a variety of baking techniques and traditions, covering ground like cookies and bars, breakfast pastries, International desserts, and more, with a special focus on creating beautiful cupcakes and cakes. Within our focus topic of cake decorating, students will learn how to make icings and how to apply a variety of different decorating techniques to create masterpieces that are not only delicious but beautiful too!

Sat: 9/21-10/26 12-1pm

130304-A R: \$135 / NR: \$145

Instructor: Tiny Chefs*

Location: Senior Center-Left

*Tiny Chefs, Inc. is a nut-free company, but we cannot accommodate gluten, dairy or egg allergies.

NEW! Books for Cooks

9-13 years

Gourmet Chefs will explore the inner workings of a cookbook text, first decoding and preparing recipes selected from classics like Julia Child's "The Art of French Cooking," or from new favorites like Mario Batali's "Molto Italiano." Next, students will set to work crafting and testing their own recipes, creating a group cookbook by the session's end.

Sat: 11/2-12/14* 12-1pm

130305-A R: \$135 / NR: \$145

*No class dates 12/7

Instructor: Tiny Chefs*

Location: Senior Center-Left

Tot Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Times subject to change. Call 703-248-5077 (press 1, open gym hours) for an updated schedule. This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

Days: Fridays, September 27, 2013-June 13, 2014

NO Tot Time: 10/25, 10/29, 12/13, 3/28, 4/11, 5/2

Location: Gym **Time:** 10am-12noon **Fees:** \$1 per child

NEW! Girls Rock!

7-12 years

Girls will learn the art of good communication skills, the techniques for developing good friendships, and the use of proper table manners. Gain greater composure and ease in new and unfamiliar situations. Classes include role-playing, games, and other enjoyable activities.

Location: Senior Center

Sat: 9/21 11:30am-1:30pm

120711-A R: \$75 / NR: \$85

Sat: 10/19 1:30-3:30pm

120711-B R: \$75 / NR: \$85

Location: Community Room

Sat: 11/16 12-2pm

120711-C R: \$75 / NR: \$85

Location: Art Room

Sat: 12/14 9:30-11:30am

120711-D R: \$75 / NR: \$85

Instructor: Vicki Fleming

3D Game Design

8-12 years

In this exciting class, children will use basic 3D modeling skills to create their very own platform-based video game. Students create their own unique puzzles and challenges in a 3D game world utilizing tools such as teleporters, jump pads, and lava. By the last class students will have a fully functional level and will receive a link to download the software and student levels.

Wed: 9/11-10/16 6:30-7:30pm

120718-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Senior Center-Left



NEW! Electrical Engineering 9-12 years

Students use the Engineering Design Process to design, create, test, and refine basic electronics and circuits. Students experiment with Snap Circuits® to discover the capabilities of major electronic components. In addition, students build their own flashlights and explore the world of magnetic energy by building their own Magnetic Levitation vehicle.

Mon: 9/23-11/4* 5-6pm

110709-A R: \$125 / NR: \$135

*No class dates 10/14

Instructor: Patty MacDonald-Potts

Location: Art Room



Girls on the Run – FCEF Run for the Schools!

The Falls Church Education Foundation is hosting a 5K run/ 1 mile walk Sunday, September 8th at as part of the Fall Festival. Proceeds benefit FCEF and the Falls Church City Public Schools. Prizes for largest running and walking teams and fastest by age group. The USATF Certified course winds through the tree-lined streets of historic Falls Church City, a mix of hills and flat stretches. Register now at fcedf.org/runfortheschools.

Basic Dog & Pup Obedience 16 & up

This class offers lots of fun & socialization for puppies/dogs. Puppies/dogs get used to the basics of being handled, learning how to learn and focus! Basic commands are covered: Sit, Down, Recall, Down Stay and Loose-Lead Walking. Puppies (dogs under 5 months of age) also enjoy a 15 minute playgroup at the end of class. Week One is an orientation for owners only (no dogs). Everyone in the family is encouraged to come to class! Immunization shots required by the first day.

Thu: 9/26-10/31 7-8pm
150717-A R: \$150 / NR: \$160
Instructor: CC PALS
Location: Art Room

NEW! Positively Disciplined 18 & up

This class is sure make the difference you are seeking and/or the reinforcement you deserve! Just a few of the many topics we will discuss include: child and brain development, speech and language, feelings-management, problem-solving, bully-busting, tattling vs. reporting, school, and more!

Sat: 10/26-11/23 6:30-8:30pm
151015-B R: \$125 / NR: \$135
*No class dates 10/31
Instructor: Tracey Kretzer
Location: Teen Center

Computer Maintenance 18 & up

Students will learn how to handle a computer crash, decipher error messages, delete files, cookies and unwanted programs and keep their computers updated automatically. In addition, computer hardware maintenance will be discussed, along with proper surge protection and wireless network protection and MUCH MORE!

Fri: 9/20 1-3pm
150136-A R: \$69 / NR: \$79
Fri: 9/27 1-3pm
150136-B R: \$69 / NR: \$79
Fri: 11/1 1-3pm
150136-C R: \$69 / NR: \$79
Fri: 11/8 1-3pm
150136-D R: \$69 / NR: \$79
Instructor: Andy Livingston
Location: Community Room

NEW! How to Buy/Sell on eBay 40 & up

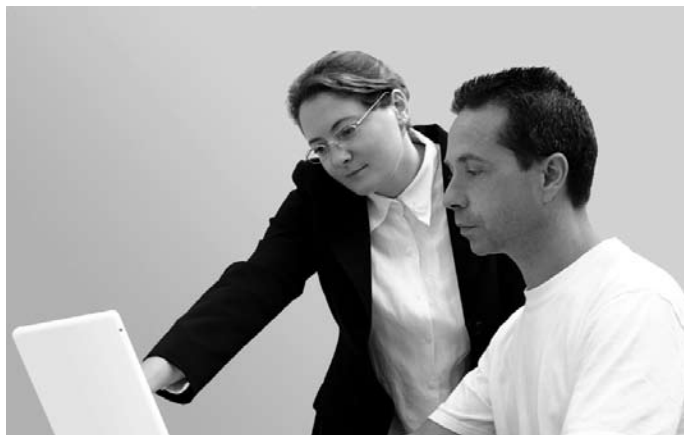
Have a lot of "stuff" in your garage/basement collecting dust? Kids off to college? In this "How to sell on eBay" course you will learn how to list items for sale, tend the auction, finalize the sale w/ PayPal. You also learn all the tips and tricks to maximize your online auction experience, all part of this fun eBay class. Prerequisite: Have an item in mind that you would like to sell when you come to class.

Location: Community Room
Thu: 10/24 1-3pm
150137-A R: \$69 / NR: \$79
Location: Teen Center
Wed: 11/6 10am-12pm
150137-B R: \$69 / NR: \$79
Instructor: Andy Livingston

Today's Technology 40 & up

Confused about all the technology that society is using? This informative, 8-week course will delve into cell/smart phones, social media (Facebook, etc.), computers, computer maintenance tips and sites to help save money. We also will discover interesting Websites to make your life easier and which will allow you to interact with people who have like interests. Fee includes an USB device with the curriculum.

Mon: 9/23-11/25* 12:30-2pm
151022-A R: \$135 / NR: \$145
*No class dates 10/14, 11/11
Instructor: Andy Livingston
Location: Art Room



Babysitter's Training 11 & up

Would you like to become an American Red Cross Certified babysitter? This training course will provide information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in five critical areas: leadership, safety and safe play, basic care, first aid and professionalism. Certificates will be mailed.

Sat: 10/5 9am-4pm
141001-A R: \$122 / NR: \$132
Instructor: Am. Red Cross
Location: Teen Center



Music Classes

Music Together

Birth to 5 years

Music Together is a community of families sharing songs, instrument play, movement, dance, and rhythm activities. Music Together classes build on your children's natural enthusiasm for music and movement. All classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. Discount for siblings \$40. Tuition includes 2 CDs and Songbook of the semester's music and our new "Music Together at Home" Booklet and MT DVD. For further information and to watch our Music Together video visit www.MusicWithMaddy.com

Mon: 9/16-11/18	9:15-10am
110608-A	R: \$210 / NR: \$220
Mon: 9/16-11/18	10:15-11am
110608-B	R: \$210 / NR: \$220
Mon: 9/16-11/18	11:15am-12pm
110608-C	R: \$210 / NR: \$220
Tue: 9/17-11/19	9:15-10am
110608-D	R: \$210 / NR: \$220
Tue: 9/17-11/19	10:15-11am
110608-E	R: \$210 / NR: \$220
Tue: 9/17-11/19	11:15am-12pm
110608-F	R: \$210 / NR: \$220
Wed: 9/18-11/20	9:15-10am
110608-G	R: \$210 / NR: \$220
Wed: 9/18-11/20	10:15-11am
110608-H	R: \$210 / NR: \$220
Wed: 9/18-11/20	11:15am-12pm
110608-I	R: \$210 / NR: \$220

Instructor: Maddy O'Neill-Dean

Location: Community Room

FREE DEMONSTRATION CLASSES

(for new families): Please join Maddy on Sept. 9, 10, & 11 at 10 am for a free class. No registration required.



NEW! Kindermusik Village Feathers Birth to 18 months

In Feathers experience delightful songs, movement activities, poems, and vocal play relating to our feathered friends, including the Kookaburra. Through IQ-boosting American Sign Language, instrument play, songs, parachute play, and a research-packed weekly e-mail, monthly newsletter, and \$38 of home materials included in the price (a CD, book, art banners, an instrument) you will be able to integrate class ideas into your life!

Location: Art Room

Thu: 9/26-11/21* **4-4:50pm**
110612-A R: \$172 / NR: \$182

Location: Community Room
Sun: 9/22-12/1 **4-4:50pm**
110612-B R: \$172 / NR: \$182

*No class dates 10/31

Instructor: Tracey Kretzer

NEW! Kindermusik Family Time Birth to 18 months

Movin' & Groovin'! is a romping, rolling, stretching good time for the whole family! In a "one room schoolhouse" environment, Family Time helps children develop musical skills, as well as the social skills necessary to share, take turns, and strengthen the emotional bond among family members and/or classroom friends! Children 6-months and younger and siblings over 6 are FREE and welcome with a registered sibling. The price includes: 2 literature books, an Activity book, 2 CDs, a weekly e-mail and monthly newsletter, and 2 sensory balls all in a Kindermusik carrying bag! Visit www.ParentChildU.com to see why families LOVE our classes!

Location: Art Room

Thu: 9/26-12/12* **5-5:50pm**
110613-A R: \$212 / NR: \$222

Location: Dance Room- Left
Sun: 9/22-11/24 **5-5:50pm**
110613-B R: \$212 / NR: \$222

*No class dates 11/28

Instructor: Tracey Kretzer

Maddy's Winter Holiday Music Birth to 6 years

Bring your children to join "Miss Maddy" of Music Together to celebrate the season with this special Holiday-themed program. We will include all the wonderful diversity of our Holiday season. Let's have fun together this December. This music and dance class for children and their adults will include instruments, fun activities, dancing and movement, and a few surprises!! Perfect for siblings and bring the grandparents along too! SIBLINGS who are 12 months old and above \$5 discount. No charge for BABIES up to 12 months old with a registered sibling. We'll jingle bell rock!! Contact with questions: maddy505@aol.com or www.MusicWithMaddy.com

Mon: 12/9	9:15-10am
130601-A	R: \$20 / NR: \$25
Mon: 12/9	10:15-11am
130601-B	R: \$20 / NR: \$25
Mon: 12/9	11:15am-12pm
130601-C	R: \$20 / NR: \$25
Tue: 12/10	9:15-10am
130601-D	R: \$20 / NR: \$25
Tue: 12/10	10:15-11am
130601-E	R: \$20 / NR: \$25
Tue: 12/10	11:15am-12pm
130601-F	R: \$20 / NR: \$25
Wed: 12/11	9:15-10am
130601-G	R: \$20 / NR: \$25
Wed: 12/11	10:15-11am
130601-H	R: \$20 / NR: \$25
Wed: 12/11	11:15am-12pm
130601-I	R: \$20 / NR: \$25

Instructor: Maddy O'Neill-Dean

Location: Community Room



Private Piano or Voice Lessons 4 & up

Interested in developing vocal talent? Work one on one with a vocal coach or beginner to intermediate level piano. Sharon Sloane-Hornseth has a Bachelors of Fine Arts in Music, with an emphasis in vocal performance, from Carnegie-Mellon University in Pittsburgh, PA and a Master of Music Education, with a focus on vocal performance, from George Mason University. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing a music book.

Thu: 9/19-10/10	4:30-5pm
130704-A	R: \$155 / NR: \$165
Thu: 9/19-10/10	5-5:30pm
130704-A1	R: \$155 / NR: \$165
Thu: 9/19-10/10	5:30-6pm
130704-A2	R: \$155 / NR: \$165
Thu: 9/19-10/10	6-6:30pm
130704-A3	R: \$155 / NR: \$165
Thu: 9/19-10/10	6:30-7pm
130704-A4	R: \$155 / NR: \$165
Thu: 9/19-10/10	7-7:30pm
130704-A5	R: \$155 / NR: \$165
Thu: 9/19-10/10	7:30-8pm
130704-A6	R: \$155 / NR: \$165

Sat: 9/21-10/12	9-9:30am
130704-B	R: \$155 / NR: \$165
Sat: 9/21-10/12	9:30-10am
130704-B1	R: \$155 / NR: \$165
Sat: 9/21-10/12	10-10:30am
130704-B2	R: \$155 / NR: \$165
Sat: 9/21-10/12	10:30-11am
130704-B3	R: \$155 / NR: \$165
Sat: 9/21-10/12	11-11:30am
130704-B4	R: \$155 / NR: \$165
Sat: 9/21-10/12	11:30am-12pm
130704-B5	R: \$155 / NR: \$165

Thu: 10/17-11/7	4:30-5pm
130704-C	R: \$155 / NR: \$165
Thu: 10/17-11/7	5-5:30pm
130704-C1	R: \$155 / NR: \$165
Thu: 10/17-11/7	5:30-6pm
130704-C2	R: \$155 / NR: \$165
Thu: 10/17-11/7	6-6:30pm
130704-C3	R: \$155 / NR: \$165
Thu: 10/17-11/7	6:30-7pm
130704-C4	R: \$155 / NR: \$165

Thu: 10/17-11/7	7-7:30pm
130704-C5	R: \$155 / NR: \$165
Thu: 10/17-11/7	7:30-8pm
130704-C6	R: \$155 / NR: \$165

Sat: 10/19-11/9	9-9:30am
130704-D	R: \$155 / NR: \$165
Sat: 10/19-11/9	9:30-10am
130704-D1	R: \$155 / NR: \$165
Sat: 10/19-11/9	10-10:30am
130704-D2	R: \$155 / NR: \$165
Sat: 10/19-11/9	10:30-11am
130704-D3	R: \$155 / NR: \$165
Sat: 10/19-11/9	11-11:30am
130704-D4	R: \$155 / NR: \$165
Sat: 10/19-11/9	11:30am-12pm
130704-D5	R: \$155 / NR: \$165

Thu: 11/14-12/12*	4:30-5pm
130704-E	R: \$155 / NR: \$165
Thu: 11/14-12/12*	5-5:30pm
130704-E1	R: \$155 / NR: \$165
Thu: 11/14-12/12*	5:30-6pm
130704-E2	R: \$155 / NR: \$165
Thu: 11/14-12/12*	6-6:30pm
130704-E3	R: \$155 / NR: \$165
Thu: 11/14-12/12*	6:30-7pm
130704-E4	R: \$155 / NR: \$165
Thu: 11/14-12/12*	7-7:30pm
130704-E5	R: \$155 / NR: \$165
Thu: 11/14-12/12*	7:30-8pm
130704-E6	R: \$155 / NR: \$165

Sat: 11/16-12/14*	9-9:30am
130704-F	R: \$116 / NR: \$126
Sat: 11/16-12/14*	9:30-10am
130704-F1	R: \$116 / NR: \$126
Sat: 11/16-12/14*	10-10:30am
130704-F2	R: \$116 / NR: \$126
Sat: 11/16-12/14*	10:30-11am
130704-F3	R: \$116 / NR: \$126
Sat: 11/16-12/14*	11-11:30am
130704-F4	R: \$116 / NR: \$126
Sat: 11/16-12/14*	11:30am-12pm
130704-F5	R: \$116 / NR: \$126

Thu: 1/2-1/23	4:30-5pm
130704-G	R: \$155 / NR: \$165
Thu: 1/2-1/23	5-5:30pm
130704-G1	R: \$155 / NR: \$165
Thu: 1/2-1/23	5:30-6pm
130704-G2	R: \$155 / NR: \$165
Thu: 1/2-1/23	6-6:30pm
130704-G3	R: \$155 / NR: \$165
Thu: 1/2-1/23	6:30-7pm
130704-G4	R: \$155 / NR: \$165
Thu: 1/2-1/23	7-7:30pm
130704-G5	R: \$155 / NR: \$165

Thu: 1/2-1/23	7:30-8pm
130704-G6	R: \$155 / NR: \$165
Sat: 1/4-1/25	9-9:30am
130704-H	R: \$155 / NR: \$165
Sat: 1/4-1/25	9:30-10am
130704-H1	R: \$155 / NR: \$165
Sat: 1/4-1/25	10-10:30am
130704-H2	R: \$155 / NR: \$165
Sat: 1/4-1/25	10:30-11am
130704-H3	R: \$155 / NR: \$165
Sat: 1/4-1/25	11-11:30am
130704-H4	R: \$155 / NR: \$165
Sat: 1/4-1/25	11:30am-12pm
130704-H5	R: \$155 / NR: \$165

*No class dates 11/28, 11/30, 12/7

Instructor: Dream In Color

Location: Preschool Room

For info, email ahorn@verizon.net



Dance Classes



Preschool Dance A

2-3 years

An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Preschool A classes recommend ballet shoes.

Location: Dance Studio

Instructor: EBD- Davis

Mon: 9/23-12/9* 9-9:30am
110203-A1 R: \$70 / NR: \$80

Instructor: EBD- Davis

Mon: 9/23-12/9* 9:30-10am
110203-A R: \$70 / NR: \$80

Instructor: EBD- Davis

Tue: 9/24-12/10* 9:30-10am

110203-B R: \$77 / NR: \$87

Location: Senior Center-Right

Instructor: EBD- Geoghegan

Sat: 9/28-12/14* 9:30-10am
110203-J R: \$70 / NR: \$80

*No class dates 10/14, 11/11, 11/5, 11/30, 12/7

All that Ballet, Jazz & Mvmnt 3-5 years

This high-energy class is perfect for the young dancer who wants to try various dance styles. Children will learn basic Ballet steps and Creative Movement exercises in a fun, non-competitive environment. Also, they will enjoy choreographed Jazz routines to contemporary age-appropriate music, including a routine to be performed for parents during the last class! Ballet shoes recommended, but not required.

Thu: 9/26-12/5* 12:45-1:30pm
120201-A R: \$126 / NR: \$136

*No class dates 10/17, 11/28

Instructor: Go Bananas Dancing, LLC

Location: Dance-Left

Preschool Dance B

3-4 years

An introduction to dance, movement, and expression for 3 to 4 year olds. In Preschool B/C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Location: Dance Studio

Instructor: EBD- Davis

Mon: 9/23-12/9* 10-10:45am
110202-I R: \$105 / NR: \$115

Instructor: EBD- Davis

Mon: 9/23-12/9* 10:45-11:30am
110202-J R: \$105 / NR: \$115

Instructor: EBD- Roberts

Mon: 9/23-12/9* 3:45-4:30pm
110202-K R: \$105 / NR: \$115

Instructor: EBD- Davis

Tue: 9/24-12/10* 10-10:45am
110202-L R: \$115 / NR: \$125

Instructor: EBD- Davis

Tue: 9/24-12/10* 1-1:45pm
110202-M R: \$115 / NR: \$125

Instructor: EBD- Roberts

Thu: 9/26-12/12* 1-1:45pm
110202-P R: \$115 / NR: \$125

Instructor: Dream in Color

Sat: 9/21-12/14* 10-10:45am
110202-N R: \$120 / NR: \$130

Instructor: Dream in Color

Sat: 9/21-12/14* 10:45-11:30am
110202-Q R: \$120 / NR: \$130

Location: Senior Center-Right

Instructor: EBD- Geoghegan

Sat: 9/28-12/14* 11:15am-12pm
110202-R R: \$105 / NR: \$115

*No class dates 10/14, 11/11, 11/5, 11/30, 12/7, 11/28

Tap/Jazz I 5-8 years

Build strength, flexibility, and rhythm and grace while having a great time to a variety of music.

Mon: 9/23-12/9* 5:15-6:15pm
120238-B R: \$140 / NR: \$150

*No class dates 10/14, 11/11

Instructor: EBD- Roberts

Location: Dance-Right

Preschool Dance C

4-5 years

In Preschool B/C classes, students will be introduced to tap. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Location: Dance Studio

Instructor: EBD- Davis

Mon: 9/23-12/9* 11:30am-12:15pm
110208-P R: \$105 / NR: \$115

Instructor: EBD- Roberts

Mon: 9/23-12/9* 3-3:45pm
110208-R R: \$105 / NR: \$115

Instructor: EBD- Davis

Tue: 9/24-12/10* 10:45-11:30am
110208-S R: \$115 / NR: \$125

Instructor: EBD- Davis

Tue: 9/24-12/10* 1:45-2:30pm
110208-T R: \$115 / NR: \$125

Instructor: EBD- Roberts

Thu: 9/26-12/12* 1:45-2:30pm
110208-W R: \$115 / NR: \$125

Location: Senior Center-Right

Instructor: EBD- Geoghegan

Sat: 9/28-12/14* 12-12:45pm
110208-Y R: \$105 / NR: \$115

Location: Dance-Right

Instructor: Dream In Color

Sat: 9/21-12/14* 11:30am-12:15pm
110208-Z R: \$120 / NR: \$130

*No class dates 10/14, 11/11, 11/5, 11/28, 11/30, 12/7

Ballet/Tap/Jazz I

5-8 years

This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Instructor: EBD- Lemke

Mon: 9/23-12/9* 4:45-5:30pm
120254-B R: \$105 / NR: \$115

Instructor: EBD- Geoghegan

Location: Dance-Left

Wed: 9/25-12/11 6-7pm
120254-C R: \$168 / NR: \$178

Location: Senior Center-Right

Sat: 9/28-12/14* 10-11am
120254-E R: \$140 / NR: \$150

*No class dates 10/14, 11/11, 11/30, 12/7

Ballet I 5-8 years

This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet 1 classes are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Mon: 9/23-12/9* 4:30-5:15pm
120220-A R: \$105 / NR: \$115

*No class dates 10/14, 11/11

Instructor: EBD- Roberts

Location: Dance-Right

Jazz/Hip Hop I 5-8 years

Very exciting dance style, done to your favorite popular music!

Tue: 9/24-12/10* 4:30-5:15pm
120247-A R: \$115 / NR: \$125

*No class dates 11/5

Instructor: EBD- Jackson

Location: Dance-Right

Hip Hop I 6-7 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Wed: 9/25-12/11* 5:30-6:30pm
120216-A R: \$120 / NR: \$130

*No class dates 11/27

Instructor: Dream In Color

Location: Dance-Right

Elementary Ballet

6-9 years

For students grades 1 and up who are ready for a more serious ballet class, with a stronger focus on technique and precision.

Instructor placement required, email everybodydance07@gmail.com

Tue: 9/24-12/10* 5:15-6pm
120225-A R: \$115 / NR: \$125

*No class dates 11/5

Instructor: EBD- Jackson

Location: Dance-Right

Adrenaline Hip Hop 6-18 years

Young hip hop dancers will learn the latest street dancing technique, performance skills, and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. The Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory, improve balance, and increase strength by staying grounded and strong through upper and lower body movement. Adrenaline's experienced staff brings excitement to this class with the latest hip hop moves and music appropriate for youth.

Ages 6-11

Thu: 9/26-12/12* 4:30-5:30pm
130203-A R: \$150 / NR: \$160

*No class dates 11/28

Instructor: Adrenaline Staff

Location: Dance-Right

Ages 12-18

Thu: 9/26-12/12* 5:30-6:30pm
140205-A R: \$150 / NR: \$160

*No class dates 11/28

Instructor: Adrenaline Staff

Location: Dance-Right

Jr. Level Ballet 8 & up

Formerly known as Intermediate Ballet, the Junior level is for students 8 and older with previous ballet training that are developmentally ready to pursue a more rigorous ballet program. Instruction will include ballet terminology, technique and placement as well as strengthening and learning movement combinations. With each level becoming progressively more challenging, upper level junior classes are designed to encourage young dancers to develop technically as well as artistically. Instructor placement required, email everybodydance07@gmail.com

Jr. Ballet 1

Tue: 9/24-12/10* 4:15-5:15pm
120226-A R: \$154 / NR: \$164

Jr. Ballet 2/3

Tue: 9/24-12/10* 5:15-6:15pm
120226-B R: \$154 / NR: \$164

*No class dates 11/5

Instructor: EBD- O'Hara

Location: Dance-Left

Hip-Hop 2/3 8-10 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Wed: 9/25-12/11* 6:30-7:30pm
120213-A R: \$120 / NR: \$130

*No class dates 11/27

Instructor: Dream In Color

Location: Dance-Right

Tap/Jazz II/III 9-14 years

Build strength, flexibility, rhythm and grace while having a great time to a variety of music. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Thu: 9/26-12/12* 4:15-5:15pm
120239-A R: \$154 / NR: \$164

*No class dates 11/28

Instructor: EBD- Jackson

Location: Dance-Left

Jazz/Hip Hop 2/3 9-14 years

Very exciting dance style, done to your favorite popular music!

Fri: 9/27-12/13* 6-7pm
120248-A R: \$154 / NR: \$164

*No class dates 11/29

Instructor: EBD- Roberts

Location: Dance-Right

Creative Dance 2/3

9-14 years

This ballet class is designed for students who would like a more expressive, creative approach to a study of dance. Instruction will incorporate elements of modern, jazz and creative movement and expression. Jazz or ballet shoes required. Dancewear or other form-fitting clothing required.

Wed: 9/25-12/11 7-8pm
140261-A R: \$168 / NR: \$178

Instructor: EBD- Geoghegan

Location: Dance-Left

Dance Classes

Social Dance 16 & up

Designed for the beginning non-dancer, learn the dance basics to survive that Wedding or other special event, and do it with style and grace. The course will cover the three basic slow dances, Waltz, Foxtrot, & Rumba, that couples usually use for their first dance, plus Tango, Swing & Cha Cha. Partners encouraged, but singles are welcome.

Thu: 9/26-11/14 7-8:30pm

150214-A R: \$108 / NR: \$118

Instructor: Tom Woll and Assoc.

Location: Senior Center-Full

Note: These two dance classes will have 15 minutes shared practice time for all couples with assistance from the class instructor.

Beyond Basic Survival

16 & up

For those who have completed Social Dance/ Basic Survival, Beginning Ballroom, Wedding Dances, or equivalent. This class continues to introduce additional advanced level patterns in dances selected by participants' requests. Good social dance technique will be stressed with practice to make perfect for fun, exercise, and special social events.

Thu: 9/26-11/14 8:15-9:45pm

150220-A R: \$108 / NR: \$118

Instructor: Tom Woll and Assoc.

Location: Senior Center-Full



Ballet 2/3 9-14 years

This ballet class for older students provides outstanding technical instruction in a positive and encouraging environment. The primary goals of this class are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Thu: 9/26-12/12* 5:15-6:15pm

120221-A R: \$154 / NR: \$164

*No class dates 11/28

Instructor: EBD- Jackson

Location: Dance-Left

16

Senior Ballet & Pointe All Ages

Instructor placement required. Senior level, is a high level class for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program. Attendance at both classes weekly is expected for students desiring to train for pre-pointe. At the Senior II level, students are working toward preparedness for pointe training. Email everybodydance07@gmail.com

Senior Ballet

Mon: 9/23-12/9* 6:45-8pm

120227-A R: \$175 / NR: \$185

Instructor: EBD- Clay/Roberts

Pre-Pointe/Pointe

Mon: 9/23-12/9* 8-8:30pm

120227-B R: \$70 / NR: \$80

Instructor: EBD- Clay/Roberts

Senior Ballet

Thu: 9/26-12/12* 7:15-8:30pm

120227-C R: \$192 / NR: \$202

Instructor: EBD- Thornton

Senior Ballet

Sat: 9/28-12/14* 10-11:30am

120227-D R: \$210 / NR: \$220

Instructor: EBD- Maloney

Pointe

Sat: 9/28-12/14* 11:30am-12pm

120227-E R: \$70 / NR: \$80

Instructor: EBD- Maloney

*No class dates 10/14, 11/11, 11/28, 11/30, 12/7

Location: Dance-Right

Ballet/Tap/Jazz 2/3

9-14 years

This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Fri: 9/27-12/13* 5-6pm

120256-A R: \$154 / NR: \$164

*No class dates 11/29

Instructor: EBD- Roberts

Location: Dance-Right

Musical Theatre I

5-7 years

Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!

Mon: 9/23-12/9* 5:30-6:15pm

130219-A R: \$105 / NR: \$115

*No class dates 10/4, 11/11

Instructor: EBD- Lemke

Location: Dance-Left

Musical Theatre II/III

8-18 years

Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence.

Ages 8-12

Mon: 9/23-12/9* 6:15-7pm

130220-A R: \$105 / NR: \$115

Instructor: EBD- Lemke

Location: Dance-Left

Ages 12-18

Thu: 9/26-12/12* 6:15-7:15pm

140207-A R: \$154 / NR: \$164

*No class dates 10/14, 11/11, 11/28

Instructor: EBD- Thornton

Location: Dance-Left



Falls Church Recreation and Parks

Teen Programs

The Falls Church Teen Center is open for youth in grades 6-12 Mondays through Fridays from 3pm – 6pm and from 1-6pm on MEH early release Wednesdays.

The drop-in Teen Center features a pool table, ping pong, foosball, air hockey, a large screen television with surround sound, a PlayStation 3 and a Wii. For more information on Teen Programming, please call the Teen Coordinator at **703-248-5307**.

Midnight Madness

Hang out with your friends and compete in eating contests, basketball tournaments, Wii tournaments and more! Each night will include everyone's favorite dodgeball and hide and seek throughout the building as well as new activities each month. A PG or PG-13 film is also shown. Once participants enter the building, they may not leave until they are signed out by an adult. No pre-registration necessary!

Age: Grades 6-8

Dates: Dates will be announced early September.

Time: 7pm-Midnight

Fee: \$5

Teen Council

Join Teen Council and participate in monthly volunteer projects, social activities and planning meetings. Teen Council applications will be available beginning early September at the Falls Church Community Center.

Age: Grades 6-8

Dates: Monthly September through May

Fee: FREE to join. Field trips may have associated expenses.

Movie Wednesdays

Every Wednesday popcorn and sodas will be available to teens at the teen center while we show a movie on the big screen television. Movies will be rated PG or PG-13.

Age: Grades 6-8

Dates: Weekly on Wednesdays

Time: Movies begin at 3:30pm

Fee: FREE

Volleyball Program

There will be a six week volleyball program for youth to have fun learning skills in a non-competitive environment.

Age: Grades 6-8

Dates: Tuesdays, September 24-October 29

Time: 5-6pm

Fee: \$15

Fall 2013

Teen Work List

Are you a 9th-12th grader looking for opportunities to baby sit, do yard work, snow shoveling, dog walking and more? Join the Teen Work List and be placed on an email blast for whenever someone is looking for these types of services. They contact us and we contact you! Teen Work list applications are online at www.fallschurchva.gov/recreation and are also available at the front desk of the Community Center.

TEEN TRIPS

Kings Dominion 11-17 years

Test your limits on Kings Dominion's Intimidator 305, the El Dorado, Donominator, Anaconda, Drop Tower, Flight of Fear and more! Please bring additional money for food and souvenirs.

Sat: 9/28 10am-10pm
141480-A \$70

Paintball 11-15 years

Ready, Aim, Fire! All necessary rental equipment is provided in the rental package as well as 500 paintballs. Please bring lunch or bring \$5 for lunch and money for extra paintballs. **YOU MAY NOT BRING YOUR OWN PAINTBALLS!** Additional paintballs can be purchased at Hogback. The fee is 500 paintballs for \$17.00 or 2000 paintballs for \$60. Please also bring additional money for dinner. We will stop somewhere on the way back.

Sat: 10/5 9am-6:30pm
141488-A \$55

Bennett's Curse 11-17 years

Bennett's Curse Haunted Attractions, has been chosen as one of the top attractions by America's best Haunts. We will visit the House of Vampires, and the Sanctuary of Insanity which features the Dominion of Darkness! Please be prepared for loud noises, fog, low visibility and more.

Sat: 10/26 5:30-10:30pm
141489-A \$55

Central Park Funland

11-14 years

Central Park Funland features laser tag, a rock wall, bowling, over 100 video and arcade games and more! This registration includes transportation and supervision only. Please bring additional money for all games and food.

Tue: 11/5 10am-4pm
141454-A \$10

Medieval Times 11-15 years

It is time for battle! Watch knights compete on horseback while feasting on chicken, spare rib, potato and more! We will cheer for our knight and hopefully we will be victorious! Please bring additional money for souvenirs.

Ages 11-12
Sat: 11/16 5-10:30pm
141468-A \$54

Ages 13-15
Fri/Sat: 11/16 5-10:30pm
141468-B \$75

Swimming 11-14 years

Get your bathing suits back into the water at the Leisure Pool at the Cub Run RECenter. This pool features a 30-foot high slide that exits the building in an enclosed tube as well as a 20-foot high slide with an open tube. Please bring additional money for food. We will stop somewhere on the way back.

Fri: 12/7 3:30-8pm
141440-A \$22

Ice Skating 11-14 years

Come skate outdoors at the National Gallery of Art Sculpture Garden. Enjoy music and art while you skate! Please bring additional money for the metro and snacks at Pavilion Cafe.

Tue: 12/17 3:30-7:30pm
141401-A \$18

Sport Classes

Fit Kids Mommy & Me Soccer 2-3 years

Children will learn all about soccer with the help of their parent/caregiver and one of our enthusiastic coaches. In addition to basic soccer skills such as dribbling, passing, and shooting, class will also focus on listening skills, balance, and foot-eye coordination. Parent or caregiver must be present.

Tue: 11/26-12/17 10:45-11:25am
110913-A R: \$50 / NR: \$60

Instructor: Fit Kids

Location: 1/2 Gym Lobby Side

Fit Kids Balls, Balls, Balls 2-3 years

This "Mommy and Me" class is all about Balls! Kids love to play with balls of all sizes to improve hand-eye coordination, balance, cooperative and listening skill with parent or caregiver joining in on the FUN!

Tue: 10/15-11/12* 10-10:40am
110911-A R: \$50 / NR: \$60

*No class dates 11/5

Instructor: Fit Kids

Location: 1/2 Gym Lobby Side

Amazing Athletes Program

2.5-6 years

A unique tried and tested, fun filled sport program that incorporates physical fitness and gross motor skills. Students will play and learn a variety of sports including soccer, hockey, basketball, and baseball. This fun and positive learning experience will help kids develop the basic fundamentals of sports and instill team pride self-confidence, and good sportsmanship. This is what makes this program amazing!

Athletes 4-6yrs

Sat: 9/28-11/23 12-12:45pm
110902-A R: \$104 / NR: \$114

Athletes 2.5-3yrs

Sat: 9/28-11/23 1-1:45pm
110902-B R: \$104 / NR: \$114

Instructor: Amazing Athletes

Location: Thomas Jefferson Gym

NEW! Tumble & Twirl

3-5 years

Preschoolers will love the variety of fun activities including tumbling, dance, movement & music. Students must be able to separate with ease. No special clothes or shoes required. Students will be in bare feet most of the time.

Wed: 9/25-12/11* 10:15-11am
110405-A R: \$120 / NR: \$130

*No class dates 11/27

Instructor: Dream In Color

Location: Dance-Left

Fit Kids T-Ball 3-6 years

This clinic introduces kids to the basics: hitting, stance, throwing and base running while helping to develop hand-eye coordination, agility, speed and strength.

Tue: 10/15-11/12* 10:45-11:25am
110910-A R: \$50 / NR: \$60

Wed: 11/20-12/18* 1:15-1:55pm
110910-B R: \$50 / NR: \$60

*No class dates 11/5, 11/27

Instructor: Fit Kids

Location: 1/2 Gym Lobby Side

Fit Kids Floor Hockey

3-6 years

Get those future NHLers off to a good start. Pre-school floor hockey is a super place for young players with tons of energy. Hockey sticks are provided and plastic pucks are used. Floor Hockey develops hand-eye coordination, agility, speed, and strength.

Tue: 11/26-12/17 11:30am-12:10pm
110912-A R: \$50 / NR: \$60

Instructor: Fit Kids

Location: 1/2 Gym Back Door

Fit Kids Sports Blast

3-6 years

Action packed weeks of Sports! Overview of various sports and their fundamentals, stressing teamwork and good sportsmanship. Sport varies each week while children will improve running, kicking, jumping, and throwing skills. May include soccer, hockey, basketball, or football.

Tue: 11/26-12/17 10-10:40am
110918-A R: \$50 / NR: \$60

Instructor: Fit Kids

Location: 1/2 Gym Lobby Side

Fit Kids Soccer Stars

3-6 years

There will be lots of running, kicking, laughing and making new friends while learning trapping, dribbling, passing, shooting and other fun games.

Tue: 10/15-11/12* 11:30am-12:10pm
110919-A R: \$50 / NR: \$60

Wed: 11/20-12/18* 2-2:40pm
110919-B R: \$50 / NR: \$60

*No class dates 11/5, 11/27

Instructor: Fit Kids

Location: 1/2 Gym Lobby Side

Adrenaline Tumbling

4-11 years

Beginning/ young tumblers will learn tumbling basics, flexibility, and beginning level skills such as rolls, cartwheels, back bends. Core strength and balance are incorporated to build strength and coordination. Students will improve basic gymnastics skills, balance, and increase strength by staying grounded and strong through upper and lower body movement. Comfortable loose clothing and bare feet are recommended.

Tumbling 4-6 yrs.

Thu: 9/26-12/12* 4-5pm
120410-A R: \$160 / NR: \$170

Tumbling 7-11 yrs.

Thu: 9/26-12/12* 5-6pm
120410-B R: \$160 / NR: \$170

*No class dates 11/28

Instructor: Adrenaline Staff

Location: Community Room

Adrenaline Cheer Class

7-12 years

Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics, strength, cheer dances, showmanship and performance techniques, and more! Whether you are new to cheer or interested in preparing for high school tryouts, we will help you become your best.

Thu: 9/26-12/12* 6-7pm
120411-A R: \$160 / NR: \$170

*No class dates 11/28

Instructor: Adrenaline Staff

Location: Senior Center-Left

Beginning Karate 7 & up

If you are curious about the martial arts, interested in an exercise program with a purpose, or want to learn some self-defense, then come join us! These beginning classes cover basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many types of martial arts. There is no need to worry about the physical requirements because they aren't too challenging. Beginning students do not engage in fighting and do not need uniforms. So, come try karate! More info is available at www.StratfordKarate.org

Mon: 9/23-12/9* 7-8pm

120502-A R: \$125 / NR: \$135

Sat: 9/28-12/14* 8:30-9:30am

120502-B R: \$125 / NR: \$135

*No class dates 10/14, 11/11, 11/30, 12/7

Instructor: Dave Hacker

Location: Dance-Left

NEW! Acro for Cheerleading 12-15 years

This class is geared for the teens and tweens who wants to attain some skills needed for cheerleading. Focus will be on stretching and basic moves that will progress towards front and back handsprings as well as cartwheels and round offs.

Wed: 10/2-10/23 7:30-8:30pm

140406-A R: \$44 / NR: \$54

Wed: 10/30-11/20 7:30-8:30pm

140406-B R: \$44 / NR: \$54

Instructor: Dream In Color

Location: Dance-Right

Youth Basketball Training

6-13 years

Boys and girls will receive instruction on individual skills such as shooting, dribbling and passing as well as some basic team play. It will help with each participant's coordination and conditioning as well as introduce team-concept and organized sport fundamentals. Let our professional staff prepare your child for organized basketball in a fun, rewarding and non-threatening environment, and utilizing age-appropriate activities.

Basketball Ages 6-9

Thu: 9/26-11/21* 4:30-5:30pm

120907-A R: \$85 / NR: \$95

Location: 1/2 Gym Back Door

Instructor: Keith Smith *No class dates 10/31

Intermediate Karate

9 & up

If you have some martial arts experience and are looking for a place to train, then come train with us. We have a relatively casual and supportive group that practices advanced blocks, kicks, punches, self-defense techniques, katas, and sparring techniques for advancement. Sparring will be introduced to experienced students. Uniforms and hand & feet protection are required. So, join us. We have more information online at www.StratfordKarate.org

Thu: 9/26-12/5* 8:15-9:15pm

120506-A R: \$125 / NR: \$135

*No class dates 11/28

Instructor: Bill Kennedy

Location: Dance-Right

Introductory Fencing

9 & up

Known as the physical game of chess, fencing makes fitness fun! It builds muscle strength, provides greater cardiovascular workouts, and improves endurance, coordination and speed. Protective masks, jackets and safety tipped swords are used for class. An equipment rental fee of \$29 should be made payable to VAF on the first day.

Fencing Ages 9-13

Tue: 9/24-10/29 5-6pm

120501-D R: \$93 / NR: \$103

Fencing Ages 14 & up

Tue: 9/24-10/29 6-7pm

120501-J R: \$93 / NR: \$103

Instructor: VA Academy of Fencing

Location: Senior Center-Left



Advanced Karate 9 & up

If you have significant martial arts experience and are looking for a place to train, then come train with us. We have a relatively experienced group that practices advanced blocks, kicks, punches, self-defense techniques, katas, and sparring techniques for advancement. Sparring is an optional part of the class. Uniforms and hand & feet protection are required. We have more information online at www.StratfordKarate.org

Advanced Karate

Thu: 9/26-12/5* 7-8pm

150502-A R: \$125 / NR: \$135

*No class dates 11/28

Instructor: Richard Hathaway

Location: Dance-Right

Tai Chi & Qi Gong 16 & up

The practice of Tai Chi and Qi Gong leads to better and more efficient breathing, better balance and posture, increase in muscle tone, and a calmer and clearer mind. Qi Gong exercises consist of very deep breathing combined with isometric muscle tension and flexibility movements. Register for two sessions and pay \$260 (R)/\$270 (NR).

Location: Senior Center-Left

Tue: 9/24-12/10* 6-7pm

150506-A R: \$140 / NR: \$150

Location: 1/2 Gym Back Door

Wed: 9/25-12/11 11am-12pm

150506-B R: \$155 / NR: \$165

Location: Community Room

Thu: 9/26-12/12* 6-7pm

150506-C R: \$140 / NR: \$150

Location: Dance-Right

Fri: 9/27-12/13* 11am-12pm

150506-D R: \$140 / NR: \$150

*No class dates 11/5, 11/28, 11/29

Instructor: Master Jeff Cook

Location: Senior Center-Left

Youth Sports

FALL SOCCER

Grades Kindergarten-8th Grade

Early Bird Registration: July 15th-28th

Kindergarten/1st Grade

Resident: \$85 / Non-Resident: \$95

2nd Grade & Above

Resident: \$95 / Non-Resident: \$105

Regular Registration: July 29th – August 11th

Kindergarten/1st Grade

Resident: \$100 / Non-Resident: \$110

2nd Grade & Above

Resident: \$110 / Non-Resident: \$120

Teams will be formed by grade and will participate in Arlington Soccer Association. Practices and games will be held at nearby fields: times vary by team. Practices start after Labor Day and games go through early November. Volunteer coaches are needed. For more information on registration, fees, and league rule information, call **703-248-5077**.

1st Touch Soccer Clinic

Ages 2-5

First Touch is a program designed to develop your young players love and interest in soccer by providing the FUN-damental skills and techniques needed. An eight-session course open to boys and girls ages 2-5. Each 45 minute session focuses on a different skill of the game. Footwork, dribbling, passing, shooting, 1st touch, and juggling are followed with live games to finish each day. Clinics runs from September 7th – November 6th. Registration for the clinic starts July 15th and will stay open until filled. Ages are as of September 1, 2013.

Instructor: Challenger Sports British Soccer

Location: Larry Graves Field

Class Dates: September 7th – November 6th

631104-A 2-3 yr olds

Saturdays 9-9:45am

631104-B 4-5 yr olds

Saturdays 10-10:45am

631104-C 2-3 yr olds

Wednesday 1-1:45pm

631104-D 4-5 yr olds

Wednesday 2-2:45pm

Fee: R:\$100 / NR:\$110



Youth Flag Football

Grades 2-7

Early Bird Registration: July 15th–Aug 4th

Resident: \$85 / Non-Resident: \$95

Regular Registration: Aug 5th – Aug 25th

Resident: \$95 / Non-Resident: \$105

This program is a co-ed, non-contact 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment. League will be run on Saturday evenings at George Mason High School starting mid afternoon each week. Volunteer coaches are still needed. Please contact Chris Madison for more details at **703-248-5027**.

Location: George Mason Turf Field

Tryout Date: September 7th **Times - TBD**

600001-A: Grades 2-3

600002-B: Grades 4-5

600003-C: Grades 6-7

NFL Punt, Pass, & Kick

Ages 8-15

What is Punt, Pass, & Kick? It is a FREE opportunity for boys and girls ages 8-15 to compete in a fun environment against their peers in a NFL sponsored football skills competition. The kids will compete in three activities (punting, passing, and place kicking) where their total combined distances will be scored, with the winners in each age/gender division moving on to a district competition.

Location: George Mason Turf Field

Dates: Sunday, September 8th @ 3pm

House League Basketball

Grades 2-12

Registration for boys and girls house basketball league teams runs from October 7th through November 1st. Teams will be formed by grade and drafted into teams and will participate in our winter house league. Practices and games will be scheduled in area gyms; practice and game times vary by teams. Volunteer coaches and paid referees are needed! Call **703-248-5150** for more information.

Early Bird Registration: October 7th -20th

2nd/3rd Grade

Resident: \$115 / Non-Resident: \$125

4th Grade & above

Resident: \$140 / Non-Resident: \$150

Regular Registration: October 21st –November 1st

2nd/3rd Grade

Resident: \$130 / Non-Resident: \$140

4th Grade & above

Resident: \$155 / Non-Resident: \$165

Select League Basketball

Age Groups – Boys/Girls 5th Grade, 6th Grade , 7th Grade

Registration – Players will register once accepted to a team. For those basketball players interested in a more competitive and highly skilled environment, Falls Church Rec & Parks will sponsor several teams in the FCYBL Select Basketball League. All players will be required to tryout and be selected to the age appropriate team. Tryouts will start the 1st week of October. Contact Chris Madison at **703-248-5077** for further information.

Youth Sports and Adult Sports

1st Touch Basketball Clinic Ages 3-4

Registration starts October 7th and continues until clinic is filled.

1st Touch is a program designed to develop your young player's love and interest in basketball by providing the FUN-damental skills and techniques needed. Each 45 minute session will include station work that focuses on different skills to include shooting, dribbling, passing, and footwork. It gives parents and children the opportunity to work one-on-one and spend quality time together. Parents/guardians are asked to stay and participate during clinic. Participants must be correct age by January 1, 2014.

Instructor: TBA

Location: TBA

Class Dates: January 5th-February 16th, 2013

Fee: Resident:\$70 / Non-Resident:\$80

621103-A 3 yr olds

Saturdays 9am

621103-B 4 yr olds

Saturdays 10am

Early Hoopers Basketball Clinic Grades K-1st

Registration starts October 7th and continues until clinic is filled. The Early Hoopers Basketball Clinic is a once-per-week instructional clinic that focuses on the basic fundamental skills and rules of basketball as it begins to prepare the participant for league competition. The clinic is held for 7 weeks on weeknights and Saturdays. Clinics start the 1st week of January.

Instructor: TBA

Location: TBA

Fee: Resident:\$80 / Non-Resident:\$90

5-year old clinics:

621105-A	Mondays	5:15-6pm
621105-B	Wednesday	5:15-6pm
621105-C	Saturdays	10-10:45am

6-year old clinics:

621106-A	Tuesdays	5:15-6pm
621106-B	Thursdays	5:15-6pm
621106-C	Saturdays	11-11:45am



ADULT FALL BASKETBALL LEAGUE

Registration runs August 5th until August 25th. League play starts the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5150** for registration form, fees, and league rules.

Registration Fee: \$710 per team.

ADULT FALL CO-ED VOLLEYBALL LEAGUE

Registration runs August 5th until August 25th. League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18yrs or older. Call **703-248-5150** for registration form, fees, and league rules.

Registration Fee: \$350

ADULT FALL CO-ED SOCCER

For more information, call **703-248-5150** and ask for Chris Madison.

WINTER ADULT BASKETBALL LEAGUE

Registration runs November 18th - December 8th for winter adult basketball teams. Various levels of competition are offered and play begins in January. Registration is on a team-basis only and team members must be 18 years or older. For more information, call **703-248-5150**. Games will be played primarily on Sunday afternoons.

Registration Fee: \$710 per team.

36th ANNUAL CITY TENNIS TOURNAMENT

Calling all city residents and employees! Come test your tennis skills in the 36th Annual Falls Church City Tennis Tournament. Registration is going on now through September 6th. Tournament play runs September 7th - Oct 21st. Players schedule their own matches within a specific amount of time so everyone can work around their busy schedules and make time for some good tennis! Additional info is available by calling (703) 248-5077 or stopping by the Community Center to pick up a flyer!



Tennis Classes

Little Shots- Intro to Tennis 4-6 years

An introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1.

Wed: 9/11-10/30 2:30-3:15pm

120901-A R: \$152 / NR: \$162

Instructor: FirstServe Tennis

Location: Cavalier Trail Park

Tennis 1&2: Rally, Serve & Score 6-13 years

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes. Students are encouraged to repeat this class until they can consistently put the ball in play. Ratio 6:1.

Tennis 1/2 Ages 6-8

Wed: 9/11-10/30 3:30-4:30pm

120905-A R: \$152 / NR: \$162

Tennis 1/2 Ages 8-10

Wed: 9/11-10/30 4:30-5:30pm

120905-C R: \$152 / NR: \$162

Tennis 1/2 Ages 10-13

Wed: 9/11-10/30 5:30-6:30pm

120905-E R: \$152 / NR: \$162

Instructor: FirstServe Tennis

Location: Cavalier Trail Park

Tennis 3- Match & Play Drill 10-18 years

This program helps players build skills & learn tactics necessary to succeed in competitive tennis. Each session is a mix of instruction via drills and match play. Prerequisite: Ability to rally & serve or coach's recommendation. Ratio 8:1 (ages 10-13) and 4:1 (ages 14-18).

Tennis 3: Ages 10-13

Sat: 9/14-11/2 2-3:15pm

140901-A R: \$158 / NR: \$168

Tennis 3: Ages 13-18

Sat: 9/14-11/2 3:30-5pm

140901-B R: \$175 / NR: \$185

Instructor: FirstServe Tennis

Location: Cavalier Trail Park



Tennis 1- Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. Player-Coach ratio is 4:1.

AM Beginner

Tue: 9/10-10/29 9:30-10:45am

150901-A R: \$210 / NR: \$220

PM Beginner

Wed: 9/11-10/30 7-8:15pm

150901-B R: \$210 / NR: \$220

Instructor: FirstServe Tennis

Location: Cavalier Trail Park

Tennis 2- Match & Play Drill 18 & up

Players with limited on-court experience refine stroke production and learn how to play doubles! After a brief warm-up, players drill important elements of the game. Players are then separated into doubles matches and your coach offers helpful tips on positioning, tactics and strategy. For players who have completed Tennis I with coach's recommendation. Player-Coach ratio is 8:1 for AM classes and 4:1 for the PM class.

Wed: 9/11-10/30 8:15-9:30pm

150902-C R: \$210 / NR: \$220

Instructor: FirstServe Tennis

Location: Cavalier Trail Park

Tennis 3- Intermediate 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for intermediate players. Player-Coach ratio is 8:1.

Wed: 9/11-10/30 9:15-10:45am

150903-A R: \$192 / NR: \$202

Wed: 9/11-10/30 10:45am-12:15pm

150903-B R: \$192 / NR: \$202

Instructor: FirstServe Tennis

Location: Cavalier Trail Park

Tennis 4- Adv. Match Play Drill 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for advanced players. Player-Coach ratio is 4:1.

Sat: 9/14-11/2 5-6:15pm

150905-A R: \$210 / NR: \$220

Instructor: FirstServe Tennis

Location: Cavalier Trail Park

NEW! Cardio Tennis 18 & up

Strengthen your body and tennis game with a mix of high-paced drilling, heart healthy aerobics, and important strengthening and stretching exercises. Players will experience a fun high-energy tennis workout. Player-Coach ratio is 6:1.

Tue: 9/10-10/29 10:45-11:45am

150904-A R: \$152 / NR: \$162

Instructor: FirstServe Tennis

Location: Cavalier Trail Park

LESSONS by APPOINTMENT: March 1 – November 1; Ages 4 through Adult
Contact FirstServe Tennis Academy (FSTA) directly to set up time and dates for individual, semi-private and private group lessons. Email lessons@tenniseveryone.net, call **703-868-8172** or visit www.tenniseveryone.net for more information, including program and racket recommendations.

* **Private (one student):** \$385 (For 7 one-hour lessons), (\$420 for lessons with managing partners)

* **Semi-Private (two students):** \$245/student (For 7 one-hour lessons)

* **Small Group (3 students):** \$210/student (For 7 one-hour lessons)

* **Small Group (4 students):** \$175/student (For 7 one-hour lessons)

* Large Groups/Special Events/Birthday Parties, etc. (Contact FSTA)

Please note: Cancellations within 24 hours of the scheduled lesson time are charged full lesson tuition.

Broadway Fitness

14 & up

Do you love to listen and dance to Broadway show tunes? Try our low-impact Broadway choreographed fitness class and get a great cardiovascular workout. This one hour dance exercise class includes leg work and crunches and will have you dancing (and humming) the rest of the day!

Location: Art Room

Tue: 9/24-12/10* 6-7pm

130401-A R: \$90 / NR: \$100

Thu: 9/26-12/12* 6-7pm

130401-B R: \$90 / NR: \$100

Location: Dance-Right

Wed: 10/9-12/11 9:40-10:40am

130401-C R: \$80 / NR: \$90

*No class dates 11/5, 11/28

Instructor: Aerobix, Inc.

Step for Fun & Fitness

14 & up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Location: Senior Center-Right

Step Aerobics

Mon/Wed: 9/9-10/23* 6:30-7:30pm

150404-A R: \$161 / NR: \$171

Step Aerobics

Mon/Wed: 10/28-12/18* 6:30-7:30pm

150404-B R: \$173 / NR: \$183

Location: Dance Studio

Rise and Shine Step

Sat: 9/14-12/14* 8:30-9:30am

150404-C R: \$149 / NR: \$159

*No class dates 10/14, 11/12, 11/11, 11/27, 11/30, 12/7

Instructor: Eileen Cutrona

Class Cards!

Can't commit to an entire session of step aerobics? The Falls Church Class Card is for you! The card entitles you to take Step for Fun & Fitness. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$80 / NR: \$90 Senior Residents: \$40

NEW!

Practical Self-Defense

16 & up

Taught by a Grandmaster instructor with 30 years teaching experience. You will learn 9 very simple movements that can be used in many ways against the most common forms of assault. You will then learn to use these movements in application. These techniques are the same used by elite Special Forces and SWAT Police around the world due to the simplicity and effectiveness. This seminar is specifically designed for a person with little or no knowledge of self-defense. No fancy forms or 100 moves to try to recall, just 9 easy to remember movements put together in one simple routine that can be used alone or as a pre workout warm-up.

Location: Dance-Right

Sat: 10/19 2-6pm

150426-A R: \$110 / NR: \$120

Sun: 10/20 2-6pm

150426-B R: \$110 / NR: \$120

Sat/Sun: 10/19-10/20 2-6pm

150426-C R: \$200 / NR: \$210

Location: MEH Husky Gym

Sat: 12/14 9am-6pm

150426-D R: \$200 / NR: \$210

Instructor: Master Jeff Cook



Pilates With Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Material fee in class to purchase a burst-resistant, 55-cm ball from instructor or bring your own.)

Tue: 9/24-12/3* 7-7:55pm

150409-A R: \$118 / NR: \$128

*No class dates 11/5

Instructor: BodyMoves Fitness, LLC

Location: Community Room

NEW!

Cardio Sculpt 18 & up

For all fitness levels. This moderate intensity, low-impact aerobics program incorporates weight training, core strength, flexibility, balance and body awareness techniques to provide a comprehensive fitness workout. Please bring aerobic shoes, hand weights and a mat.

Tue: 9/24-12/3* 7-7:55pm

150437-A R: \$118 / NR: \$128

*No class dates 11/5

Instructor: BodyMoves Fitness, LLC

Location: Senior Center-Left

Sample a free Cardio Sculpt class on Tuesday, September 17, 7-7:55pm.

NLT- Never Too Late Fitness 55 & up

Don't believe that nonsense that you have to live with all those "growing old" problems. Join our Seniors Fitness Program' instructed by a Certified personal trainer/Corrective exercise specialist, and learn how you can fight-back, and W-I-N. Class will focus on improving balance, cardiovascular endurance, strength, flexibility and most importantly, core strengthening; building a stronger and more stable foundation. All students are to bring an exercise mat and light (2 - 5 lb. dumbbells).

Tue: 9/24-12/10* 10:30-11:30am

160408-A R: \$154 / NR: \$164

Thu: 9/26-12/12* 10:30-11:30am

160408-B R: \$154 / NR: \$164

Tue/Thu: 9/24-12/12* 10:30-11:30am

160408-C R: \$308 / NR: \$318

*No class dates 11/5, 11/28

Instructor: Capitol Fitness

Location: 1/2 Gym Back Door



Yoga Classes

NEW!

Yoga-Ninos 3.5-7 years

Children will do follow stories from books as they do yoga all in Spanish. We'll spark the child's inner yogini while enhancing language development, motor coordination and play skills.

Wed: 10/2-11/13 4:30-5:15pm

120413-A R: \$100 / NR: \$110

Instructor: Yogavita.org

Location: Community Room

Kids Stress Burner Yoga

7-12 years

Through fun and engaging poses, games, and stories, children will explore how to work together, manage challenges in life and also harmonize mind, body and spirit to grow happy, healthy and wise.

www.stressburneryoga.com

Tue: 9/24-10/29 4:30-5:15pm

120412-A R: \$60 / NR: \$70

Tue: 11/12-12/10 4:30-5:15pm

120412-B R: \$50 / NR: \$60

Instructor: Unyong Kim

Location: Community Room

Yoga 13 & up

Yoga for Flexibility, Strength & Relaxation. This is a class in traditional Hatha yoga. It is designed to improve your breathing, flexibility, strength and stability, no matter what your present level of fitness may be. We will work on poses, body mechanics, balance and mental focus. Modifications are taught to accommodate individual needs and abilities. You will be given the option of doing traditional warm-up poses with light weights (1 -2 lbs.) if you like. Each class ends with a guided meditation exercise. All levels from beginner to advanced are welcome and accommodated. Must be able to follow oral or visual instructions. Bring a mat or rug and hand weights if you like. Yoga belts will be provided.

Tue: 9/24-12/3* 7-8:30pm

130714-A R: \$150 / NR: \$160

*No class dates 11/5

Instructor: Rita Interdonato

Location: Art Room

Yoga for EveryBody

18 & up

Feeling stressed? Learn to breath, stretch and relax. This gentle traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and wellbeing through yoga postures (asanas), breath techniques (pranayama) and deep relaxation (yoga nidra/meditation). Regular practice of yoga brings balance to the body, mind and soul. Class is suitable for everybody. Bring a mat.

Thu: 9/26-10/31 7:15-8:30pm

150411-A R: \$75 / NR: \$85

Thu: 11/7-12/19* 7:15-8:30pm

150411-B R: \$75 / NR: \$85

*No class dates 11/28

Instructor: Aerobix, Inc.

Location: Community Room

Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

Thu: 9/26-12/5* 9:30-10:25am

150402-A R: \$118 / NR: \$128

*No class dates 11/28

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Yoga for Fitness 16 & up

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. Class is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Mon: 9/23-12/2* 12:15-1:15pm

150401-A R: \$106 / NR: \$116

Tue: 9/24-12/3* 8-8:55pm

150401-B R: \$118 / NR: \$128

*No class dates 10/14, 11/11, 11/5

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Power Yoga 14 & up

Here's a heart pumping class that will challenge you with continuous movement through the asanas. This class is open to both beginners and experienced yoga students who are in good physical health and are seeking a more active yoga practice. This class will focus on technique and flow as well as correct body placement. Please bring a yoga mat.

Mon: 9/23-11/4* 9-10am

130405-A R: \$72 / NR: \$82

Mon: 11/18-12/16 9-10am

130405-B R: \$60 / NR: \$70

*No class dates 10/14, 11/11

Instructor: Aerobix, Inc.

Location: Art Room



NEW!

Restorative Yoga

18 & up

Do supported yoga poses using props and resting in them that's all! This yoga releases muscle tension starting at the base of the spine and moving upward. By the end of your first class you will feel the changes in your body; greater flexibility, relief from neck, shoulder and back pain, reduced stress, greater energy and mental clarity, deeper sleep. This class is appropriate for all levels including beginners. Just bring a mat, other props provided by teacher.

Mon: 10/7-11/18* 7:45-8:45pm

150428-A R: \$120 / NR: \$130

*No class dates 10/14, 11/11

Instructor: Yogavita.org

Location: Community Room

Stress Burner Workshop

13 & up

Do you love the thought of doing yoga, but can't get a home practice started and feel under stress off the mat, in your life? Through individual, paired and group activities and yoga poses, we will focus on how to create quick and simple, new habits that help you take the mindfulness, peace, flexibility and alignment of yoga off the mat. This is a good complement to any yoga class that students are already taking, who wish to deepen and widen the benefit of yoga 24/7. All are welcome!

www.stressburneryoga.com

Location: Dance-Right

Sat: 9/14 1:30-3:30pm

140403-A R: \$40 / NR: \$50

Location: Community Room

Sat: 10/26 1:30-3:30pm

140403-B R: \$40 / NR: \$50

Sat: 11/23 1:30-3:30pm

140403-C R: \$40 / NR: \$50

Sat: 12/14 1:30-3:30pm

140403-D R: \$40 / NR: \$50

Instructor: Unyong Kim



Stress Burner Yoga I

13 & up

If you are stressed out, and want to learn concrete ways to use yoga techniques to lower your stress "set-point," come to this different kind of yoga class. We will focus on ways to bring the mindfulness, peace, flexibility and alignment gained from yoga practice into our lives, leveraging one peaceful hour in the week to 24/7.

www.stressburneryoga.com

Location: Dance-Right

Fri: 9/20-10/25 9:30-10:30am

140401-A R: \$120 / NR: \$130

Location: Community Room

Wed: 9/25-10/30 6:30-7:30pm

140401-B R: \$120 / NR: \$130

Location: Dance-Right

Fri: 11/1-12/13* 9:30-10:30am

140401-C R: \$120 / NR: \$130

Location: Community Room

Wed: 11/6-12/11 6:30-7:30pm

140401-D R: \$120 / NR: \$130

*No class dates 11/29

Instructor: Unyong Kim

Stress Burner Yoga II

13 & up

This class is suitable for athletes and more experienced yoginis who want to deepen the practice of using yoga techniques to lower their stress "set-point" and manage challenge with joy, in this different kind of yoga class. Cultivating beginners' mind, we will focus on ways to bring the mindfulness, peace, flexibility and alignment gained from yoga practice more widely into our lives, leveraging one peaceful hour in the week to 24/7.

www.stressburneryoga.com

Wed: 9/25-10/30 7:45-8:45pm

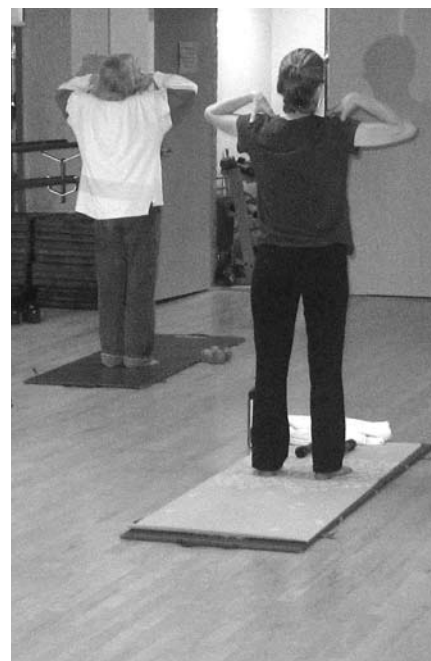
140402-A R: \$120 / NR: \$130

Wed: 11/6-12/11 7:45-8:45pm

140402-B R: \$120 / NR: \$130

Instructor: Unyong Kim

Location: Community Room



Meditation Plus Workshop 13 & up

Do you think meditation is only for relaxing? In this workshop you will also learn to watch and change or clear thinking, reduce response to stress, focus and heighten awareness and breathe more efficiently. Class combines instruction, exercises and discussion. Students will learn their own natural style of meditating. Wear comfortable clothing; bring a pillow, blanket and lunch. Beginner and practicing meditators welcome. Instructor is certified to teach Integrative Meditation. Class is not affiliated with any religion or spiritual practice. We meditate at a table with chairs; you won't sit on the floor unless you want to.

Sat: 10/12 10am-4:30pm

130713-A R: \$80 / NR: \$90

Instructor: Rita Interdonato

Location: MEH Classroom 006/007

Falls Church Clubs

COME JOIN A FALLS CHURCH CLUB!!! All clubs looking for more members

The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Robert Little brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45-9:45pm at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at www.fallschurchconcertband.org

Language Clubs

German Conversation

Tuesdays at 10am

Italian Conversation

Wednesdays at 1:30pm

French Conversation

Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs.

Please call the Senior Center at **703-248-5020** for more information.



Bridge Club

Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge– Meets every Friday at 10am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player.

Please call the Senior Center at **703-248-5020** for more information.



Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some Bingo, have fun, socialize and meet new friends. Besides Bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card applies. Please call the Senior Center at **703-248-5020** for more information.

Garden Club

The Falls Church Garden Club is a city sponsored local horticultural organization open to anyone. Annual membership is \$15. The Club meets on the first Tuesday of the month, with the exception of July and August. Meetings are held in the Community Center at 7:30 pm, and feature a gardening related speaker, as well as a meet and greet and some of the best cookies in town! Additional activities include club trips, visits to private/public gardens, plant exchanges and a SPRING Plant Sale. Proceeds from the sale are earmarked for the benefit of all aspects of gardening in our area. A monthly newsletter is also published with news of club activities. For more information, check our website www.fallschurchgardenclub.org.

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Dept. A wide range of activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday.

Please call **703-248-5020** for more information. **Hours of Operation:** Monday-Friday, 9am-3pm.

SENIOR CENTER ACTIVITIES:



Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Armchair Travel Day

Meets the fourth Friday of every month. Come join us for a trip around the world-without having to pack a suitcase. A Falls Church librarian rounds out the experience with videos, books and printed material about each month's destination.

Bingo

Meets every Wednesday from 10am-1:30pm.

Blood Pressure

Held every other Tuesday from 9am-10am.

Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge meets at 10am & Friday's contract bridge meets at 9am.

Card Games

Join us every Tuesday at 1:30pm for card games - Canasta, Hand and Foot, Rummy, etc.

Canasta

If you are up for the challenge, or would like to socialize and play a friendly game of Canasta, come every Thursday at 10am.

Checkers Challenge

Every Wednesday at 11:00am.

Game Day

Come every Friday at 9am for FUN and games.

Hand and Foot

Join us every Friday at 10am for a fun and friendly card game.

Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly:

Tuesdays: German group 10am

Wednesdays: Italian group 1:30pm

Thursdays: French group 10am

Golden Age Bingo Club

Meets every Tuesday from 10am-1:30pm.

Lunch Bunch

Join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Van leaves at 11:30am.

Mexican Train Dominoes

Come join us Fridays at 9am for a friendly game of dominos.

Mixed Games

Come every Monday, Thursday, and Friday at 1:30pm for a variety of fun – backgammon, chess, checkers, cards, etc.

Military History

Join this enthusiastic group on alternate Fridays starting September 7. Selected topics include WWII, Korea and Vietnam War.

Mixed Trivia

Come join us Fridays at 11am to test your knowledge on mixed subjects.

Movie Day

On the second Friday of each month, you can see a movie on the "The Big Screen" at 10am in the Teen Center.

Nutritionist

A nutritionist provides healthy eating tips every third Wednesday at 12 noon.

Rummikub Challenge

Come every Tuesday and Wednesday at 1:30pm and play a friendly game of Rummikub.

Scrabble Challenge

Every Tuesday and Wednesday at 1:30pm.

Walking Group

Meets Thursdays from 10:00am-Noon, except the first Thursday of the month, 10:00am-1:00pm (bring a bag lunch).

SENIOR TRIPS

September: Charles Town Slots

October: Foliage Trip and out to lunch

November: Shopping Trip

December: Holiday Lights Trip

SPECIAL SENIOR PROGRAMS

September: Fall Celebration

October: Halloween Party–Costumes encouraged!

November: Thanksgiving Luncheon

December: Holiday Party

LUNCH BUNCH

This group meets on the second Monday of every month at 12:00 noon. Due to Columbus Day and Veteran's Day, we will meet on the 3rd Monday in October and November.

Monday, September 9
Olive Garden

Monday, October 15
Cracker Barrel

Monday, November 18
Golden Coral

Monday, December 9
Red Lobster



Falls Church Senior Center

Senior Center ArmchairTravel Programs

10:30 a.m. to 11:30 a.m.
Fourth Friday of each month

Presented by staff from the Mary Riley Styles Public Library in conjunction with the Falls Church Senior Citizen Center at the Center.

September 27, 2013: Escape to French Polynesia

(Running time: 85 minutes)



Please note longer running time. Come join us as we visit the Pacific paradise of Tahiti, Bora

Bora, Marquesas Island, and the Tuamotu Atolls. Rudy Maxa guides us as we tour the diverse reefs of coral, participate in the oyster-cultivation process at one of the major pearl farms, taste the food and we enjoy the cultural and natural beauty of paradise.

October 25, 2013: Welcome to Uruguay & Paraguay

(Running time: 60 minutes).



Join us as we begin our trip in Montevideo, Uruguay's capital. We'll eat some local cuisine

then travel down to the beach and get a taste of the annual carnival festivities. Then we'll drive along the coastline to Punta del Este and Cabo Polonio before traveling on to Paraguay and its capital of Asuncion. While Paraguay we'll visit the lakeside resorts of Arengua and San Bernardino and trek to the Jesuit mission ruins in Trinidad. We'll love to have you join us on this adventure!

November and December are not scheduled due to the holidays.

Volunteers needed

Please call Tracy Browand at 703-248-5020 for more information.

MILITARY HISTORY FORUM

Sep. 6: Sonny Busa: The Kokoda Campaign: Australia's Finest Hour In WWII

Sep. 20: Jason Abady: Guadalcanal: Battle At The Overland Trail

Oct. 4: Norm Hatch: WWII Marine Photographer

Oct. 18: Jim Taylor: Origins of the Arab-Israeli Conflict, WWI to 1948

Nov. 1: William Connery: The Gray Ghost's Raids in Northern Virginia

Nov. 15: Michael Aulicino: Aleutians Campaign Part II

Nov. 29: Holiday Break

Dec. 13: Ed Murphy: Harper's Ferry 1859: John Brown's Raid

Dec. 27: Holiday Break

New Fall Activities

Line Dancing, Ballroom Dancing, Cribbage and Mexican Train Dominos.

Please call Tracy Browand at 703-248-5020 for more information.

JOIN US FOR THE NORTHERN VIRGINIA SENIOR OLYMPICS



The Northern Virginia Senior Olympics committee has announced the addition of two new events to its 2013 roster: rowing and handball. NVSO now offers over 50 events which will take place Sept. 7-19 at 17 venues throughout Northern Virginia. NVSO is sponsored by nine Northern Virginia jurisdictions including City of Falls Church Recreation and Parks Department.

The City of Falls Church will host NVSO field events at the George Mason High



School, Sunday, Sept. 15. Among other events at various locations will be track, cycling, racquetball, ten pin bowling, tennis, swimming, diving, volleyball, table tennis, golf, miniature golf, field, scrabble, dominos, duplicate bridge, bocce, team line dancing, yo-yo tricks, eight ball pool and more. All events are open to the public. Participants must be 50 years of age prior to Dec. 31 and reside in one of sponsoring jurisdictions. For more information, contact Tracy Browand at 703-248-5020.

NEW
PROGRAM

OPTIMIZING BRAIN FITNESS

AgingUp, an organization dedicated to enhancing the quality of life for seniors in Falls Church and McLean, is sponsoring a program featuring the Great Course, "Optimizing Brain Fitness." Award-winning professor of neurology Richard Restak teaches you how to improve your memory, sharpen your attention, enhance your learning and creativity, and even fine-tune your sensory acuity-all by using one of the most revolutionary discoveries in modern neuroscience. The group will watch and listen to Dr. Restak on DVD, and then discuss the content. A facilitator will lead the discussion. Teachers for Great Courses have all been voted "outstanding professors" by students and faculty in colleges across the country.

This is a six-session course, Thursday, Sept. 5 thru Thursday, Oct. 10, 2013 from 10a.m. to noon at the Falls Church Community Center. Cost: Free. (Although it is 6 sessions, it is not mandatory to attend all.)

RSVP by August 30 to Tracy Browand at tbrowand@fallschurchva.gov or at 703-248-5020

ENJOY CITY RECREATION SPACES!

Community Center

The Community Center is located adjacent to Cherry Hill Park and in the heart of the City. It is the perfect place to play basketball, volleyball, tennis, table tennis, pool, air-hockey, and foosball; or to walk, take a class, or just enjoy time with family, friends, and neighbors. It is home to the Senior Center and Teen Center.

The Community Center boasts a full-size gymnasium with a six-hoop basketball court, a volleyball court, and shuffleboard court. The Center also has several multipurpose rooms the public can reserve for receptions, meetings, parties, and classes. Call 703-248-5027 to inquire about availability, fees and application.

The Community Center offers several preschool programs in a bright and stimulating room designed and furnished specifically for young children. Preschoolers ages 5 and under are educated and entertained by dedicated staff members. Enrollment is accepted for Summer, Fall and Winter/Spring sessions.

Picnic Shelters

Four of the City's parks (Cherry Hill, Berman, Madison, and Roberts Parks) have picnic shelters that are available for rent. Perfect for family gatherings, birthday parties, and group/company picnics. Call 703-248-5027 for availability, fees and application. If a shelter is not reserved it can be used on a first-come first-served basis.

Tennis Courts

Lighted courts in the following locations can be reserved by City Residents: Cavalier Trail Park (2 Courts), Cherry Hill Park, (2 Courts) and George Mason High School (4 Courts). The unlighted Cherry Street courts are first come, first served.

Call 703-248-5027 to make reservations up to one day in advance. Courts can be reserved 1 hour max for singles and 1.5 hours for doubles.

Fields

Stay active and apply for a permit to use the Larry Graves Soccer Field. The field is available for rent during the Summer months Mon.-Sun. based on availability. Call 703-248-5027 for availability, fees and application.

Weddings & Receptions

The Cherry Hill Farmhouse and grounds is can be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. For rental information call the Cherry Hill Farmhouse at 703-248-5171 or visit cherryhillfallchurch.org.

Birthday Party Packages

Celebrate your child's next birthday at the Falls Church Community Center. Choose the Party in the Gym Package for 1 hour in the gym with our tot-time or various sports equipment and 3 hours in a party room. Enjoy the Teen Center Party Package for 3 hours with the pool, air hockey, ping pong, and foosball tables. Call 703-248-5027 for availability, fees and application.

CITY PARK AMENITIES

BERMAN PARK
Bike and hike trail
Picnic shelter
Picnic tables and grill
Play equipment

BIG CHIMNEYS PARK
Park benches
Picnic tables and grill
Play equipment

CAVALIER TRAIL PARK/TRIPPS RUN PARK
Basketball court (lighted)
Bike and hike trail
Park benches
Picnic table and grill
Slide and Swings
Tennis courts (2 - lighted)

CHERRY HILL PARK
Basketball court (lighted)
City kiosk
Horseshoe court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Volleyball court
Water fountain
Tennis courts (2 - lighted)

CROSSMAN/FOUR MILE RUN PARK
Park benches
Picnic tables and grills
Slide and Swings

DONALD S. FRADY PARK
Horseshoe court
Game table
Gazebo
Mini-amphitheater
Picnic tables and grills
Play equipment
Water fountain

FORT TAYLOR PARK
City kiosk
Historic Trail marker
Park bench

LINCOLN PARK
Basketball court
Park benches
Picnic table and grill
Play equipment

MADISON PARK
Basketball court
Park benches
Picnic shelter
Picnic tables
Play equipment
Rectangular athletic field
Water fountain

ROBERTS PARK
Basketball court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Water fountain

WEST END PARK
Park benches
Picnic tables and grills
Play equipment

Falls Church Public Spaces

The Recreation and Parks Department uses the following school facilities for activities and programs.

FALLS CHURCH PUBLIC SCHOOLS
GEORGE MASON HIGH SCHOOL/
MARY ELLEN HENDERSON MIDDLE
SCHOOL
(7124 Leesburg Pike)
Baseball/softball fields (2)
Running track
Rectangular fields (2; 1 has artificial turf)
Tennis courts (4 - lighted)

MOUNT DANIEL
ELEMENTARY SCHOOL
(2328 North Oak Street)
Basketball court
Play equipment
Small athletic field

THOMAS JEFFERSON
ELEMENTARY SCHOOL
(601 South Oak Street)
Basketball court
Bike and hike trail
Park benches
Play equipment
Rectangular athletic field
Softball/baseball fields (2)

OTHER RECREATION FACILITIES
Falls Church Community Center
(223 Little Falls Street)
Cherry Street tennis courts (2)
W & OD Bike Trail

MEMORIAL AND HISTORICAL INTERESTS

Cherry Hill Farm – House, Barn and Grounds (312 Park Avenue)
Memorial Park (Park Ave. & Little Falls Street)

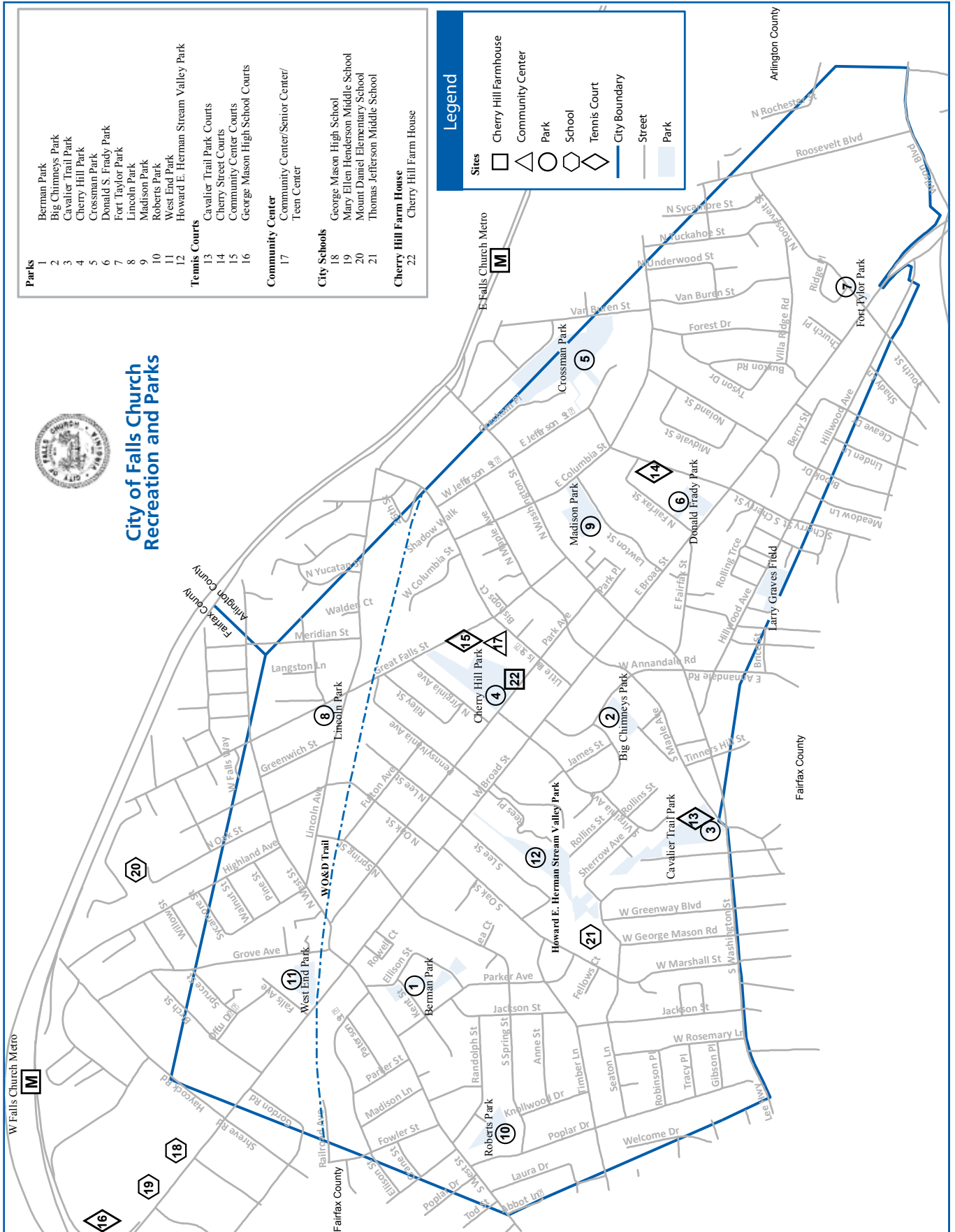


City of Falls Church Recreation and Parks

- | | | | |
|--|------------------------------------|---|-------------------------|
| Parks | 1 Berman Park | 13 Cavalier Trail Park Courts | Community Center |
| 2 Big Chimneys Park | 14 Cherry Street Courts | 17 Community Center/Senior Center/
Teen Center | |
| 3 Cavalier Trail Park | 15 Community Center Courts | | |
| 4 Cherry Hill Park | 16 George Mason High School Courts | | |
| 5 Crossman Park | | | |
| 6 Donald S. Frady Park | | | |
| 7 Fort Taylor Park | | | |
| 8 Lincoln Park | | | |
| 9 Madison Park | | | |
| 10 Roberts Park | | | |
| 11 West End Park | | | |
| 12 Howard E. Herman Stream Valley Park | | | |
| Tennis Courts | | | |
| 13 Cavalier Trail Park Courts | | | |
| 14 Cherry Street Courts | | | |
| 15 Community Center Courts | | | |
| 16 George Mason High School Courts | | | |
| City Schools | | | |
| 18 George Mason High School | | | |
| 19 Mary Ellen Henderson Middle School | | | |
| 20 Mount Daniel Elementary School | | | |
| 21 Thomas Jefferson Middle School | | | |
| Cherry Hill Farm House | | | |
| 22 Cherry Hill Farm House | | | |

Legend

- | | |
|--------------------|-------------------------|
| Sites | □ Cherry Hill Farmhouse |
| △ Community Center | |
| ○ Park | |
| ◇ School | |
| ◇ Tennis Court | |
| — City Boundary | |
| — Street | |
| ■ Park | |



RESOURCES FOR RESIDENTS

Vehicle Registration (State of Virginia)

To register a vehicle with Virginia, first obtain the state safety and emissions inspections, driver insurance, and a valid title. Then register the vehicle at any Virginia Department of Motor Vehicles customer service center or at the DMV Select Office located in City Hall: 703-248-5019 (TTY 711).

Vehicle Registration (City of Falls Church)

Once a vehicle is registered with the state, it must be registered with the City. Complete the vehicle registration form (available online or at City Hall) and fax a copy of the temporary or current vehicle registration to 703-248-5212. The Treasurer's Office will issue a decal and bill. Decals may also be purchased at the Treasurer's Office: 703-248-5046 (TTY 711).

Voter Registration

Voter Registration applications for new and existing Virginia residents may be filed with the City of Falls Church DMV Select Office or the City Registrar (both located in City Hall). Registrations are due at least 29 days before a primary or general election or 14 days before a special election.

Taxes

The Treasurer's Office handles tax billing, relief, and payments: 703-248-5046 (TTY 711) or treasurer@fallschurchva.gov.

The Office of the Commissioner of the Revenue handles business taxes, personal property tax assessments, and assists with income tax filing: 703-248-5065 (TTY 711) or commissioner@fallschurchva.gov.

The Office of the Real Estate Assessor determines the current market value of taxable and tax exempt properties as of January 1 each year. The City Council uses these values to determine the annual tax rate. Questions? Call 703-248-5022 (TTY 711) or realestate@fallschurchva.gov.

WHERE TO FIND CITY OF FALLS CHURCH INFORMATION

City Website:

www.fallschurchva.gov

Facebook:

facebook.com/CityofFallsChurchGov

Twitter:

twitter.com/FallsChurchInfo

Citizen Information Line:

703-248-5200

eFocus Newsletter:

Sign up at fallschurchva.gov

FCC-TV:

Cox channel 11, RCN channel 2, Verizon channel 35

Alert System:

Sign up at alert.fallschurchva.gov

Radio:

1680 AM (during emergencies)



Public Schools

There are four schools in the Falls Church City Public Schools system: Mount Daniel Elementary (Kindergarten and First Grade), Thomas Jefferson Elementary (grades 2-4), Mary Ellen Henderson Middle (grades 5-7), and George Mason High (grades 8-12).

For information on how to register a child, call 703-248-5600 (TTY 711). More information is available at www.fccps.org.

Parking Permits

In order to park on certain City streets, you must have a parking permit issued by the Police Department: 703-248-5054.

Drive-Through Permits

In order to drive through certain streets that are closed to through traffic (as during rush hour), you must have a permit issued by the Police Department: 703-248-5054.

eFocus E-Newsletter

Get current City news with eFocus, the e-newsletter produced by the Office of Communications. Find the latest information about the City's environmental services, economic development, safety issues, and news about upcoming events. Sign up for this free service by entering your e-mail address in the "eFOCUS Newsletter" box on the right-hand side of the Home Page.

Pet Licenses

Dogs must be vaccinated against rabies and licensed with the City. Licenses must be obtained within 30 days of moving into the City of Falls Church for dogs over four months of age. The license fee is \$10 for fertile dogs and \$5 for neutered/spayed dogs. Licenses are issued by the Treasurer's Office: 703-248-5046 (TTY 711).

Cats over four months of age must be vaccinated against rabies but do not need to be licensed with the City.

Solid Waste Services

Department of Public Works

Solid Waste Hotline:

703-248-5160

recycling@fallschurchva.gov

The Department of Public Works (DPW) manages weekly curbside collection of trash, bundled brush, yard waste and recyclables; special residential collection of bulk items; the City's Recycling Center; and more.

Trash Collection

Trash is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one gray rolling trash cart per address. These carts are the property of the City and must stay with the residence. Questions? Call 703-248-5160, ext. 2.

Excess Trash

Each bag of trash that does not fit in the City-issued trash cart requires an Excess Trash Sticker, which can be purchased for \$1 at City Hall, Brown's Hardware, and Giant Food Store. See the City's website for additional information and restrictions. Questions? Call 703-248-5160, ext. 2.

Recycling Collection

Recycling is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one green rolling recycling cart per address. These carts are the property of the City and must stay with the residence.



City-issued trash cart with properly-tagged excess trash bag.

Excess Recycling

There is no fee for excess recycling. Recycling that does not fit in the City-issued cart or bin may be placed in personal containers clearly marked "recycling," cardboard boxes, and paper bags. Do not put recycling in black or white trash bags. Questions? Call 703-248-5160, ext. 3.

Yard Waste Collection

Properly prepared yard waste in paper bags with \$1 yellow Yard Waste Stickers will be collected once a week on Wednesdays, year-round (except on observed City holidays). Yard waste includes only trimming arising from general landscape maintenance, like grass, leaves, plant and shrub trimmings, and other items too small to include with bundled brush. Do not include non-compostable garden debris such as sod, dirt, rocks, sand, or lumber. Questions? Call 703-248-5160, ext. 5.

Bundled Brush Collection

Properly prepared brush bundles are picked up free of charge on Wednesdays, year-round (except on observed City holidays). Special Bulk Collections are available for unbundled brush. Brush includes tree branches, small tree stumps, and larger shrub trimmings. Brush must be cut in five-foot lengths with no individual branch or trunk larger than six inches in diameter. To prepare for pick-up, either securely tie branches with cord or twine, or place branches neatly in one direction in a tote, bin, or container marked "brush." Questions? Call 703-248-5160, ext. 5.

Holiday Schedule

If a designated City holiday (December 25, January 1) falls on a Wednesday, recycling, trash, and yard waste collection will occur on Saturday. Due to lighter loads, crews will be in your neighborhood earlier than expected. Please make sure items are curbside the night before.

Leaf Collection

Leaves are collected from residential streets in October to December. Each residential street is vacuumed two times. To prepare, rake loose leaves to the curb but avoid placing them in the street. Pile leaves away from storm drains and water meter covers. Remove stones, litter, branches, or other debris that may damage equipment.



Christmas Tree Collection

Live Christmas trees are collected free of charge on Wednesdays in January and February. To prepare, place trees in right-of-way, but behind the curb and separate from regular trash and recycling. Remove all decorations, rope, plastic, etc.

Special Collection

Special bulk collections are available for items too large or heavy to fit into a trash container. Residents may request a Special Collection by calling 703-248-5160, ext. 4, before noon on Tuesday for Wednesday collection. The fee is \$75 per two cubic yards of material; appliances are charged separately at \$30 each.

Missed Collection?

If your items are properly prepared and set out by 7 a.m., they will be collected. Please leave items at the curb after reporting a missed collection. You will receive a return call or visit. Questions? Call 703-248-5160, ext. 1.

Mary Riley Styles Public Library



Mary Riley Styles Public Library
120 N. Virginia Avenue
www.fallschurchva.gov/Library

General Line: 703-248-5030
Renewal Line: 703-248-5175
Circulation Desk: 703-248-5031
Reference Desk: 703-248-5035
Youth Services Desk: 703-248-5034
Administrative Office: 703-248-5033

HOURS:

Monday	9 am - 9 pm
Tuesday	9 am - 9 pm
Wednesday	1 pm - 9 pm
Thursday	9 am - 9 pm
Friday	9 am - 5 pm
Saturday	9 am - 5 pm
Sunday	1 pm - 5 pm

ABOUT THE LIBRARY

The Mary Riley Styles Public Library offers a collection of more than 150,000 titles including books, CDs, DVDs, audiobooks, and eBooks, MP3 music files, periodicals, and a local history collection. Patrons have direct access to a number of information resources to on-line databases via the local area network. The Library's catalog can be accessed over the Internet at home or work.

GETTING A LIBRARY CARD

The Library serves residents, employees, and property owners of the City of Falls Church and residents of the Washington metropolitan area. By cooperative agreement with the Washington Metropolitan Council of Governments, residents of certain cities and counties are eligible for a borrowing card: Arlington (VA), City of Alexandria (VA), Washington, DC, Fairfax (VA), Frederick (MD), Loudoun (VA), Montgomery (MD), Prince Georges (MD), and Prince William (VA). A subscription card is also available for an annual fee for patrons who do not meet these residency requirements. Apply for a Library card via the website or in person.

PROGRAM AND SERVICES

Downloadable eBooks: With almost 3,700 titles covering all age groups and a wide range of genres, reading on your Nook, Sony Reader, iPad, iPhone, Android phones and tablets, and Kindle has never been more fun—and FREE!

eAudiobooks by OneClick Digital: Choose from nearly 3,500 downloadable eAudiobooks that can be played on Macs/PCs, iPods, or MP3 players.

Freegal: Download (and keep) up to 3 free songs each week using Freegal, an online database with access to almost 8 million songs in over 100 genres. Files are DRM-free and MP3 formatted, so they can be saved to any computer and used on most mobile devices and MP3 players, including iPods.

Computers and WiFi Access: Free WiFi is available for laptops and portable devices. Desktop computers with Internet access and Microsoft Office 2007 are also available in the Reference, Youth Services, and Circulation departments.

Thursday Night Book Discussions

take place on the first Thursday of each month at 7:30 p.m. Books are generally selected by the group one to two months in advance and tend to alternate general fiction and nonfiction. Open to all and no registration required. Light refreshments are usually served. For more information, visit mrsplbookgroup.blogspot.com.

Senior Book Discussion Series takes place every six weeks from Sept. through June. Discussions are typically Tuesday mornings at 10:30 a.m. and focus on a variety of general fiction and nonfiction titles selected in advance. Open to all and no registration required. Light refreshments usually served. For more information, stop by the Circulation Desk or call 703-248-5031.

Teen Book Discussion Series starts in September. It is geared toward 13 to 18 year olds, and no registration is required. For more information, stop by the Youth Services Room or call 703-248-5034.

Preschool Story Times are offered September 16 through December 19 at 10:30 a.m. for children 18 months to 5 years. No registration is required.

Mother Goose Story Time is offered September 20 through October 25 as well as November 15 through December 27. There will be no story time on the Friday after Thanksgiving. This is a special program for babies up to 18 months. Registration is required.

Additional programs will also be offered including **Halloween Magic** (October 26) and **Silly Goose and Val** (November 23), so please refer to the library's website calendar or pick up "Read All About It" on your next visit to the Youth Service Services room.

General Information

MISSION STATEMENT

The mission of the Falls Church Recreation and Parks Department is to provide a year-round program of recreation and leisure-time activities for all groups and interest levels. The Department is dedicated to enhancing the quality of life and fostering a sense of community by providing superior recreational, educational and cultural services and through the effective maintenance and protection of the City's natural resources.



Open Gym Pricing

Register at the front desk before entering the gym

City Residents:	Free
Non-City Residents 5 and under:	Free
Non-City Residents 6-18 or 65+:	Free
Non-City Residents 19-64:	\$3

Hotline: 703-248-5077

Call for current schedule.

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

Geroge Mason High School

7124 Leesburg Pike

Mary Ellen Henderson

7130 Leesburg Pike

Registration Dates

Residents: August 19

Non-Residents: August 26

Brochure Availability

The brochure is available on-line at www.fallschurchva.gov/recreation. If you are a non-resident and prefer a mailed copy, please call **703-248-5027** or email recreation@fallschurchva.gov.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5027, (TTY 711).



Class & Athletic Program Refund Policy

For refunds submitted...

Ten or more days before
the activity start date 80% Refund/ 90% Credit

Five to nine calendar days before
the activity start date 90% Credit only

Less than five calendar days before
the activity start date No Refund/ No Credit

Programs cancelled by the Department... 100% Refund/ Credit

Camp Refund Policy

For refunds submitted...

More than fourteen days before
the camp start date 80% Refund/ 90% Credit

Less than fourteen calendar days before
the camp start date No Refund/ No Credit

Camps cancelled by the Department..... 100% Refund/ Credit

Some camps have different refund policies which are listed in the camp description. Special refund requests will be considered for medical reasons submitted with a doctor's note or relocation of at least 25 miles from the City of Falls Church. To request a credit or refund a "Request for Refund/Household Credit" form must be completed and submitted. All requests are handled using the guidelines listed above.

Inclement Weather Policy

Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

Holidays: Classes will not be held on City-observed legal holidays unless otherwise noted. Hobby Class Holiday Schedule: No classes held September 2, October 14, November 11, and 28-30.

How to Register



On-line: Go to www.fallschurchva.gov/recreation and click on the Falls Church Recreation and Parks Department logo. Full payment is required at the time of registration. Registration begins at 8am on the first day of registration.



Walk-in: 223 Little Falls St. There are no registration forms to complete. Registration begins at 8am on the first day of registration.



Mail-in: Mail-in registrations are processed at the end of the business day. Complete the registration form below, include payment, and mail to **Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046**



Phone-in: Phone in registration begins 8am the second day of registration August 20 and August 27. To register, call **703 248-5027** and have your credit card ready.

Registration Starts

Falls Church City Residents:
Monday, August 19, 2013

Non-City Residents:
Monday, August 26, 2013

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call **703 248-5027** for more information.



Registration Form



For More Information: Call 703 248-5027; Fax 703 536-8150

Mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046
Make checks payable to City of Falls Church. Only one family per form. Photocopies are accepted.
Payment must accompany registration. Late registrations are accepted if an opening is available.

Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Evening Phone Number: () _____ Day Phone Number: () _____

Cell Phone Number: () _____ Email: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Total					

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____

Date: _____

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Credit Card Information:

circle one:



Card Number: _____

Exp Date: _____



223 Little Falls St.
Falls Church, VA 22046

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Be a part of what makes the City of Falls Church a special place!

From movies under the stars to a day full of local food, pony rides and music, special events in the City of Falls Church provide unique experiences for all ages. We invite you to not only attend our special events, but become involved.

Sponsor a special event, make a donation or volunteer!

For more information on any special event and how you can get involved, please contact the Recreation & Parks Dept. at **703 248-5027** or recreation@fallschurchva.gov.

Upcoming Special Events this Season...

Sunset Cinema

Fridays, August 16, 23, and 30th



Fall Festival and Taste of Falls Church

Saturday, September 7th

Farm Day

Saturday, October 12th

Halloween Carnival

Friday, October 25th

Holiday Craft Show

Saturday and Sunday, December 7-8



Printed on recycled paper
containing 30% post-consumer waste